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HOME  
MAKING



# HOME MAKING

## ITS PROBLEMS AND THEIR SOLUTIONS

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## HOUSEKEEPING IN THE CITY

THE question of home versus hotel life is one of the few problems in life which have only one solution. Every man worth his salt needs a home, and the ones who are not yet worth their salt can only become so by having a home. Thanks to the invention of the apartment, it is possible to found a home, in these days, without previous experience or very much capital.

More depends on the choice of a locality in New York than on any other one point. What will suit one person will not suit another. If one must have large rooms, a moderate rent, a large apartment, sunlight, abundant gas and hot water, one must choose a new apartment in one of the up-town streets. The most expensive neighborhood is that near Riverside Park, and the least expensive is in the Bronx and southward. But there are inexpensive apartments on the west side, and there are houses of a good class in neighborhoods where the rents are low; New York is a place in which there are exceptions to all rules. The apartments in up-town neighborhoods are nearly all of four to six rooms and bath, or more. There are practically no very small apartments above the Park, and few above Forty-second Street. In the neighborhood of lower Fifth Avenue there are a few new houses of high-class eight and ten-room apartments, with two and even three baths each, but most of the apartments in this region belong to the studio class, and are in remodelled old buildings in which one's chance of getting anything satisfactory is a lottery. It is all but impossible, in this neighborhood, to secure more than two or three rooms, and one is likely to be dark. Moreover, the heat and water, to say nothing of the gas, are uncertain quantities, the houses being piped for water, light, and heat when the stories now used for lodging-houses were merely bedrooms in a private house. One cannot count on a sufficient supply of gas in a house that was not piped for gas later than the seventies. Two rooms and bath for \$35, \$40, and even \$50 may be considered the usual price in this region. As far up as Twenty-third Street west the prices for from four to six rooms with bath run from \$35 up, and this holds in all parts of the city below the northern limits of the Park. When one reaches the region above 125th Street there are four-room apartments to be had as low as \$20 a month, but these are in six-story houses without elevators, and one's ability to live there depends on one's ability to climb stairs without exhaustion, and also on the number of flights to be climbed. The objection to a ground-floor apartment is that it has no direct sunlight unless it happens to open on the street or

a vacant lot, which is sometimes the case. Moreover, one does not get high enough to avoid the "dust line" below the fourth or fifth floor. A sixth-floor apartment with an elevator in the rear of a building fronting north or west, is as nearly an ideal choice as one can make, for it has the morning sun in winter, is cool on summer evenings, and if there is a practicable roof one can spend one's evenings on a home roof garden, as New Yorkers have an increasing habit of doing. If one must choose, a private telephone is often a greater convenience than an elevator, since one can do marketing by telephone, and thus save a journey over the stairs. An apartment of this kind (minus elevator) can be had for from \$20 to \$30 a month, three-quarters of an hour from the City Hall by subway or elevated express, and it will have four, five, or six rooms, including bath and kitchen, with gas range. For \$35 a month, in the neighborhood of the High Bridge or the lower Bronx, one can do better still.

If there are children, or if the wife is fond of out-of-door life, an effort should be made to live within a few minutes' walk of Riverside, Mount Morris, or Morningside Park, or upper Central Park. Children who have the run of these green spaces are as well as many village children who play in their own home grounds.

If one wishes artistic accessories in the apartment, or can pay \$50 or \$60 a month for a small apartment, the liberty of choice is, of course, wider, and, generally speaking, an apartment that is just large enough for the family, and no larger, is more satisfactory than one in which extra room is secured at the expense of artistic planning and other luxurious details. It is better to have three rooms that are just what you want than six rooms that are not quite suitable.

In considering the question of home versus hotel life the marketing has to be looked into carefully. It varies with the individual taste of the family. If one knows where the various foreign colonies are in New York one can take advantage of the bargains peculiar to each.

Third Avenue and Second Avenue, between Fourteenth and Thirtieth Streets, are largely German, and in these blocks German delicatessen shops abound, where German sausage, sauerkraut, beer, cheese, bread, and salad may be bought for astonishingly low prices, for the German Hausfrau is a thrifty soul, and competition for her trade is keen enough to keep prices down. There is no neighborhood where marketing is easier and cheaper for a small family than here. Below Fourteenth Street on these avenues the Hungarian shops begin.

The French markets and pensions are largely situated near Sixth and Seventh Avenues from Twenty-fourth to Thirtieth Street, and here one may buy many characteristic French cooked foods. There

is a large Italian colony south of Washington Square, and Italian bread, tinned food, and macaroni may be bought at the Italian groceries in this neighborhood. In one shop there could be counted thirty-two different kinds of macaroni and spaghetti, and one may buy as little as three cents' worth, while three-cent loaves of bread are also sold. There is another large Italian colony near 103d Street and Avenue A.

The housekeeper who lives far up-town will often find it to her interest to buy certain supplies far down-town, even if she has to make a trip to the Battery once a week to do so. The further down-town one goes the better is the fruit, and on Saturday one may buy a supply of delicious fruit which will last for several days at an amazingly low price. If one is in the habit of using fruit for preserves, puddings, and pies, and must cater for a large family, it is well worth while to lay in a supply in this way. Likewise, Fulton Market is the best place to buy fish, oysters, and all kinds of sea food.

If one wishes to offer guests something quite novel it is **worth** while to visit now and then the Syrian quarter, on Washington and Carlisle Streets, near Pier 10, North River. Here one may buy pistachio nuts, Syrian and Greek sweetmeats and cakes, and other Oriental delicacies which are good as well as curious and reasonably cheap.

For olive oil at its best one should go to the Italian quarter and buy it in quantity. For the best tea one should go to Chinatown, and the preserved ginger sold there, and some of the other sweetmeats, are delicious.

There is much to be said, however, in favor of marketing in the neighborhood of the new streets which have just been settled with long rows of clean, fresh, new apartment houses. Near here several groceries and delicatessen shops are likely to be established, and their keen rivalry begets bargains. One cannot do better than at these shops in buying high-class groceries, canned goods, jams and jellies, and, in fact, all such things as they sell. It is better to settle in a block where there are two groceries, two butcher shops, two delicatessen shops within easy reach than in a neighborhood where there is but one of a kind. Competition is the salvation of the consumer.

The transportation question is one which the man of the family will probably settle for himself. Here, again, it is the individual who must decide how to choose. If one has any tendency to consumption or nervous indigestion it is not wise to settle in one of the districts only to be reached by a long journey on the subway. Two or three hours a day in the subway is no joke to such a constitution. It is better to go and come on the elevated railway or even the

surface cars than to run any risk of a nervous breakdown or tuberculosis for want of light and air. This is especially true if one's work lies in an office not properly ventilated. Nobody ought to live without getting fresh air, sunlight, and ozone at least part of the day. If the working members of the family toil in unhygienic offices they should take particular care to get fresh air going and coming, if they have to get it by living several blocks from the car line and walking half a mile each way. But if the apartment is well ventilated and lighted, and the office down-town is healthy, one can take the subway for a ride of an hour and a half without any bad effects, and it is certainly a most convenient and speedy route to most of the places one wishes to reach.

The question of amusement is becoming simplified as the theatres move up-town. It will not be long before excellent comedy, light opera, and vaudeville, to say nothing of the ubiquitous moving picture, will be as attainable far up-town as on the Rialto. Already there is a popular theatrical and shopping district on 125th Street. And from every part of Manhattan Island it is possible to reach any theatre on the island during the time between dinner and 8 o'clock, while the *matinée* is still more accessible for the women of the family. The parks furnish lovely places of resort for the children and the mothers, and the parks have come to stay. For family life in an apartment the upper half of Manhattan Island is ideal. For the light-hearted and changeful domesticity which finds pleasure in watching the great human drama of the city a small apartment down-town will suit the purpose. It is merely a matter of taste.

## ARRANGING THE FLAT

THE floor space in apartments is ordinarily divided between a large single or double living room (by courtesy called parlor and dining room), small bedrooms, and a tiny kitchen. This has been proved to be the most comfortable and economical arrangement for the ordinary small family. The two larger rooms, with *portières* hung from an archway, one or two small bedrooms, bath, and kitchen are quite all that the family of two can require. In such an apartment with one bedroom it is possible to entertain one or even two guests for a night or two, and entertain from four to half a dozen guests at dinner or supper. It is absurd, of course, to attempt to entertain in the style one would observe if one had a house. It is far better taste to suit all arrangements to the hospitality which one can exercise without great exertion.

The living room, which must serve as general sitting room, should be so furnished that all of its furniture will harmonize, though it need not be all of the same pattern; in fact, the effect is far better



if it is not. One should not buy a dining room set and a set of parlor furniture. It is better to have one good-sized table, four chairs or more of the same pattern, a sideboard if the size of the room allows it, and a china closet which can also be used as a bookcase and will display one's prettiest china and one's nicest books behind glass doors. With this as foundation one may add other straight chairs which can be used as dining chairs on occasion, an easy chair or two, a small reading table and writing desk in the other room, and one of the wire couches which open out into a double couch on occasion. On this put two thin mattresses and a pillow, and cover the whole with a couch cover and cushions. In this way one has an extra bed for two always available, for the mattresses can be laid side by side. If one has a guest room the same plan may be followed in furnishing it, and when not in use for company it will serve as a sewing room, den, or library.

One of the problems of the living room is likely to be the bestowal of books if one has a sizable library. The plan best suited for an apartment is not shelves built to fit the walls, because no two apartments have walls of the same size. One can buy sets of low bookshelves without doors at the department stores for very small prices—sometimes as low as two dollars a set. Have one, two, or more of these, or have them made, set them up in a row close together along the walls, with perhaps a desk between the two on the wall and another set joining each of the corners, and you have something which looks like the built-in shelves, takes up little room, and will fit anywhere. These may, of course, be made to order in any style, and a cheap shelf stained in one of the high-grade prepared stains—weathered oak, fumed oak, or Flemish oak—looks like something very fine, especially if the rest of one's furniture is of good quality. Those who begin life in an apartment will be wise to put their money first into rugs, pictures, good easy-chairs, and silver, which will not be injured by moving. Then they will have a beautiful nucleus for later housekeeping in larger quarters.

The crucial question in a bedroom is usually the wardrobe room it has. One wardrobe is all that the average small apartment can possibly hold, and if it has a cupboard above and two drawers below so much the better. But there are ways of making the best of it. Rows of extra hooks in the roof of the wardrobe and at the sides are, of course, an alleviation, with coat hangers for every coat and blouse. Boxes for all the different kinds of odds and ends one has to stow away may be packed in the top cupboard, and it is convenient to use good, firm pasteboard boxes, cover them with wall paper to match the room or decorations, and punch a hole in one end of each box, from which a tag is hung telling what the box contains. This saves time when one is in a hurry.

Another great convenience is a small folding clothes horse on which to hang anything which needs to be aired, and another is a towel rack screwed to the wall somewhere, which can be folded out of sight or used to dry bath towels and such matters in the open window.

In the bathroom one should have plenty of towel racks, one for each member of the family. The glass ones with nickel fittings are delightful, but cheaper ones will do. A bathroom with nickel fittings, hooks for clothes, soap dishes fitted with drainers, and a shelf full of bottles containing ammonia, borax, toilet water, and sand soap to keep the bathtub clean is one of the most joyous sights one can find in a dusty city like New York.

## ARTISTIC EFFECTS

“**E**VERY APARTMENT,” said a well-known decorator, “is an individual problem to the artist in decoration.”

In other words, it would be just as absurd to attempt to paper, carpet, and furnish a four-room apartment as one would a large house as it would be for a slim girl to wear the clothes of a stout matron. It is well to remember that even in palaces some of the most beautiful effects are found in boudoirs and other small rooms—but they are not the same effects as those found in the reception halls and banquet rooms.

The floors and walls are, of course, first to be considered, and here the small apartment has the distinct advantage of the big room. It does not cost so much to repaper it if one does not like the color scheme, and the landlord is consequently more amenable. One may sometimes get into a house so new that one can select one's own wall papers and frescoes, which is ideal. There are various processes of finishing a wall in plain color which are better than papering, and worth more study; and a wall properly finished in this way can be cleaned. French gray, warm buff, in fact, any of the gray, cream or gray-green shades are suitable for a living room, and if the living room opens by folding doors or an archway into the dining room both rooms should be papered or finished alike. This gives an effect of space, and, if the hall is done in the same shade, so much the better. A really spacious effect can be secured in several small rooms opening into one another if all have plain white matting as floor covering, and very cheap matting, put down by the carpet man, will be smooth and hard enough to be washed, like a floor, with salt and water to keep it fresh. If bare floors are preferred they should be all finished alike, and large rugs are apt to make the room look more crowded than much floor space with a few small but good rugs where they

are needed. To buy Oriental rugs one should be wise enough to know the real ones from the aniline dye imitations, but in New York there are many rug experts who will give valuable information on this point. For real wear the American-made rug is quite as good, and sometimes suits the general effect of the apartment better.

The floor of the average apartment is apt to be both too light and too uneven, but it is unnecessary to spend a lot of money and time rubbing into it an expensive floor wax. Any floor that is even an imitation of hard-wood finish can be put in order by using a twenty-five-cent can of good floor oil on a dry mop, after the floor has been thoroughly swept. A towel tied over a broom will do instead of the mop, and only a little of the oil should be used at a time. After this first oiling is done, the floor should be oiled a little with oil on the mop or the cloth tied over the broom every time it is swept for a week or two, and then only once or twice a week. In this way, the longer the floor is in use the more thoroughly oiled it will be, and moreover, there will be no stated periods at which it must be done over, and no tiresome rubbing in.

Any laundry will boil the dry mop clean for ten or fifteen cents, and a floor treated in this way looks well, keeps clean, and is not slippery.

The keynote of the artistic apartment on a small scale should be simplicity. This is not saying that things should be cheap; that they may be as good as you like; but the general effect should be that of a miniature home, not a fancy shop. Heavy curtains are out of place. Even in expensive apartments the decorators are putting in art linens, thin mull, white net, and dainty muslins instead of lace, and for the heavy curtains they are using cretonnes and chintzes in bedrooms and heavy art linen in rooms where the weathered oak furniture is a feature. The heavy curtains are, of course, never draped, their object being simply to add richness to effect by straight lines of color in harmony with the rooms, and they should never contrast sharply with the walls. In portières, a dull green or old gold is a relief from the usual red, and it is wise to have all the portières alike, both from the point of artistic effect and that of economy.

Each room should be planned as a unit, all its furnishings being harmonious. It is a good plan to select some one beautiful thing of striking color and make all the other things tone in harmony with it. If one has a beautiful landscape, for example, one can choose portières, couch covers, and upholstery to harmonize with its lovely russets, greens, or reds. Then, in choosing cushions for the couch, have one small and vividly red of some beautiful fabric, and let others have touches of red here and there, while the nearby book-case has a few books with handsome red bindings, and you have a

beautiful corner. But if the portières are red, or the bookcase has a scarlet silk curtain, the harmony is killed. Backgrounds are important in furnishing.

The floor is a better place for bright colors than the wall or ceiling. To give the room a restful effect have the pictures hung rather low, and the most brilliant colors in the rugs or footstools, with a touch of high color in lamp shade, cushion, or picture. All decorations anywhere near the ceiling should be unobtrusive. The instinctive effort to look up wearies the eyes.

In furnishing the small apartment make a list of the things one cannot do without and stick to those, putting money into quality rather than quantity. In chairs, for the living room, choose at least two really good ones, two or three others comfortable, but not large, and straight chairs of odd patterns that will not take up room, and be decorative in corners. Too many small tables are a mistake. If one is likely to need extra tables for a card party, provide folding tables that can be tucked away out of sight. Too many rocking chairs are also a mistake. Their rockers take up room. Corner cupboards are pretty, but in the end less convenient than straight cupboards with rather narrow shelves, for a corner cupboard does not look well everywhere. A round dining table takes up less room in proportion to the people it will seat than a square one, and its effect is cosier. Many shops will undertake to make a table to order in imitation of some selected model, if they do not have it in stock, and one can buy a sideboard and chairs and have other things made to match and to fit the apartment.

The box couch does not deserve all of its popularity. It is better to have a couch under which a good-sized wooden box will slide on casters, and have handles on the front of this box, than to be obliged to lift up the heavy lid of a couch every time anything is wanted. Moreover, the box couch is not artistic; a wire couch with a hard pillow at one end, covered with a handsome couch cover, is.

When it comes to the bedroom, the fewer pieces of furniture it has, the better. Sometimes one can have a tall chiffonier with a shaving glass at the top instead of a bureau, and a moderate-sized pier glass can be put up somewhere (fitted into a door if the door is not likely to slam in a way to break it). For bedroom furniture nothing is prettier than the old-fashioned mahogany, in the slender, claw-footed shapes. If one does not feel inclined to put money into this, in view of possible movings, the best investment may be the plain white furniture matching white door casings and doors, if that is the way the bedroom is finished. White curly maple has two faults—it is apt to grow yellow with time, and it never looks well with any color scheme except delicate pink and blue, which have to be constantly renewed and cleaned. Moreover, one should consider

in furnishing a room that it is the background for the people who are to live there. Nothing but the fairness of extreme youth can stand a room all done in pink or baby blue and light, smooth wood, and one does not like to look ten years older than the truth, even in a mirror.

The old-fashioned chintzes with their impossible birds and flowers are very pretty for bedroom furnishing, if one does not overdo it. Straight curtains of such material over white muslin flowered and ruffled, a wicker chair with cushions of the chintz, and a shirt-waist box covered with it, will set off any sort of furniture beautifully, but more than this would make a small room look crowded. Very dainty effects may be had in white netting spreads over pale blue or rose color, with Battenberg lace figures in the centre. For a room with a bed dressed in this way one should have curtains of the same at the windows, and plain green, blue, or russet pongee silk or some such material for the heavier curtains and portières.

The prettiest color for bathroom finishing is a pale green like sea water, with plenty of white, in woodwork and tiling. A pretty touch is to have the bathroom curtain of figured muslin with the figure on the edge worked in colored cotton to match the color of the room. Stencilling will also give dainty effects.

Pictures should be selected for the various rooms with a view to the size of the wall space. For a living room in the style of a library it is often charming to have all the pictures framed alike in narrow black frames, which gives a quaint uniformity of effect. Most of the pictures should be in the living room; the dining room and bedroom should be kept simple. To avoid heterogeneity when one has more bric-à-brac than is convenient, there are two methods. One is to select for each wall some special object (a picture, a statuette, a stuffed bird, or whatever one's pet decoration may be), put it where it will look the best, and make all the other things in that neighborhood subordinate to it. In that way one can accomplish a great deal of decoration without a crowded effect. The other way is to have a spare bag or covered box that can be put away, and after putting up all bric-à-brac which is needed to give a good effect pack away the rest, to be brought out later when one feels the need of a change.

The cost of fitting up an apartment differs, of course, with the individual taste and style of living. It is much wiser to have a few good possessions and the rest extremely cheap than to get everything just a little too cheap to look well. It does not pay to put much money into matting, wall paper, curtains, large rugs, everyday china, or chairs, because all these things suffer from moving. One can have a tea set of fine china, but the bulk of the table

service should be such as can be replaced with ease. It may be said in a general way that if one buys things cheap the best way is to buy them very cheap. People who shop at stores that sell matting, tins, and necessary furniture at low prices usually demand the best possible value for their money, and the cheapest is apt to be just as good, if it is on a good model, as that which is sold perhaps at a price one-fifth higher. There is no practical difference in a cheap store between a ten-cent and a twenty-cent plate, and the former may be in quite as good taste as fine French china at \$6 per dozen, though not as fine in grade.

There is little difference between curtains that are sixty-five cents a pair at a bargain sale and those whose regular price is \$1.25. In muslin curtains, to buy ready made is cheaper than to make; in the art linens one can get a more select quality by buying the material and, if possible, doing the decorating. Any young housekeeper who will keep an eye on bargains for a year before going to house-keeping will be able to pick up many harmonious furnishings at a very low price, but she should have a plan clearly defined in her head with which all she buys must harmonize.

One of the best ways of fitting up a small apartment is to take judicious advantage of the instalment system. To do this apply the system mainly to inexpensive things, so that the bill will not be so large as to be a dead weight, but furnish the whole house at once. Then, if by any chance of accident or illness the instalments cannot be paid, one does not lose the pet chair and desk and couch one chose because they were ideal. The instalment houses do not charge extravagant prices in any large city, and the saving in living in one's own home more than covers the slight difference between their prices and those of cash houses. Also, the habit of saving to meet the instalment once formed will grow into the habit of saving for a home—investment is a fascinating amusement when one has learned to play the game. There is much less temptation to extravagance when one can be thoroughly comfortable at home.

It is not a bad plan to make a list of all the things absolutely necessary for the home, every appliance needed for good rest at night, three meals a day, and modest hospitality. Cut and prune this list until every unnecessary article has left it. Then go to some good instalment houses and look the field over and get estimates from each. Make an estimate of the sum that can easily be spared each month and make the list meet that. Then take half the ready money available and put it into things one specially wants, and get just what you most want. It may be a small but exquisite oriental rug, or a luxurious chair, or a desk, or a picture, or some beautiful china, or fine silver. This is the nucleus of the home. The other half of the cash should be used either for the first instalment, or for special

bargains. When the cash is accounted for, finish the home building on the instalment plan. This means comfort and convenience, and that touch of ideality, of having just what we like, which makes a home a home.

## CHOOSING THE SUBURB

**I**N CHOOSING the suburban home the first question is, of course, health. If one can find a lot in one of these old estates which are being developed without cutting down all the trees it is ideal, for this makes it possible to sit out of doors all day without waiting for trees to grow, and their foliage is a health asset for more reasons than one. The water and sewer systems should reach the land, if possible—and the purchase of a "city lot" is supposed to assure these advantages. Gas, electricity, and telephone ought to be accessible; but one can do without these; one cannot do without good air, light, water and drainage.

The accessibility of the suburb is another crucial point, and the business of the home buyer must determine what points are accessible, and whether he must look for the neighborhood of a trolley line or a railway station, and how often the trains must run to suit him.

The ideal building site is a gravel soil on an elevation. Our ancestors, who built on little hills, with a terrace in front of the house, knew how to select building sites. If one can secure such a place it is wise to put as much money as one can afford into buying more than one lot. In this way one has some control of neighbors and some chance of making money as the land increases in value—and any land near enough to the City for a man in office to live in will certainly increase in value with a few years.

The choice of a neighborhood also depends on individual needs and tastes. There are two ways of choosing a home. One is to think of it as an investment. Many couples decide in early married life to buy a home which they will improve in just such ways as will increase its selling value, and plan to sell at some future time and move into a better neighborhood, or go into the country and buy a farm. This is an excellent plan, and, with judgment in buying and selling, is generally profitable, but one must take the chance of the neighborhood being temporarily undesirable, while the land is gradually increasing in value, and one may not have the privacy which can be had by buying in a section less rapid in development. By the latter plan one may have more land at lower prices, a better house, and a greater sense of permanency. But, in order to be sure of such an investment, the greatest care should be taken to secure the right neighbors.

Perhaps the ideal plan is to get into some neighborhood already

inhabited by the sort of people with whom one can be friendly. Such suburban villages gradually gain an atmosphere of their own, which is unattractive to the people they do not wish to attract. Here and there one can find a suburb where one must give guarantee of character and permanent intentions as well as of business ability, and where all the houses must be erected according to a certain standard, though with the widest opportunity for individual taste. A place of this kind may not, in the beginning, be accessible; it may have only one or two good trains a day, but it is sure to get better service in time, and one's children get the right associations in their school and play hours.

The question whether to buy or to rent is, like the choice of the suburb, both psychological and economic. It depends somewhat on personal circumstances. To move into a rented house means either putting off complete furnishing or buying furniture that may not be suited to one's own house. The cost is considerable in proportion to the comfort, and the renter is apt to continue to be a renter indefinitely instead of carrying out the plan of being a householder at the earliest possible moment. Moving is expensive, and so are the little changes one naturally wishes to make even in a rented house that is taken for a year. In our day the old saying, "Three removes are as bad as a fire," is almost literally true.

Human nature is such that it tends to make the best of a thing that is settled, so that the family, having bought a place and settled down there irrevocably, will set about being contented with it, ignoring small defects or removing them, and cheerfully putting up with temporary distance from trains, cars and markets with the knowledge that these disadvantages will presently cease to exist. In the rented house one has all the disadvantages of the undeveloped suburb without the personal interest in its development which comes of ownership. However, even a rented house in the suburb is, to people with the home-hunger, better than the eternal impermanency of the city apartment.

It is not a bad plan for the man of the family to spend a summer in the village chosen before the lot is purchased. He will probably pick up information about its disadvantages both by experience and by conversation with other commuters. Moreover, if he intends to build, he will find out a great many things about the proper placing and constructing of a house in that particular neighborhood, what trees to plant, what to look for in the way of a garden, and so on. The old English gardener Parkinson said that inasmuch as God has set men's habitations in places from which they cannot easily be moved, it is well for them to understand what herbs and trees will grow in certain soils. Though this may sound absurd in our movable communities, it is nevertheless true that a man cannot easily move



when he has put all his capital into a home, and if he wants a rose garden or a cabbage plot or an onion bed he will be wise to select a house lot where roses or cabbages or onions will grow. Particularly if he have a family, he should select a place where children will grow, thrive, and be happy.

It is the height of unwisdom to settle near a sluggish lowland stream. This not only means mosquitoes, but various kinds of swamp diseases, and not infrequently bad water, flooded cellars, and general unhealthiness. If one has a well on the lot care should be taken to have it deep enough to go below all surface drainage, and not to place a house or stable so that any of the sewage can creep into the drinking water. The ancients pictured the angel of pestilence as descending meteorlike from heaven. In reality he lives in damp cellars and contaminated wells.

Suburban house hunters nearly always have a lovely garden phantom among their dreams, and there are few suburban homes which may not have gardens of exquisite beauty. A row of evergreens to break the wind on the coldest exposure is a fine substitute for a hedge, and evergreens have the merit of looking beautiful from infancy, while some kinds grow very quickly. Nasturtiums thrive in poor soil, and will climb a fence of wire netting so as to form a delectable screen to shut out unlovely sights. Banksia and Rambler roses are easily raised, and if one plants hardy roses and shrubs one may have a charming bower in a very short time with little trouble.

To every married couple sooner or later comes the longing to own a home—and, generally speaking, the sooner it comes the better. Children who have not among their earliest memories the smell of dooryard grass and the glint of dandelion discs, the changing hues of the unwallled sky, and the delight of pets which need a plot of ground to range in, miss something that can never be really made up to them. Moreover, while the family is small in numbers and stature it is easier to make new ventures than when moving assumes more formidable proportions, and in case of temporary bad luck no one can overestimate the comfort of the thought, "We have our home, anyway." A house is an asset.

The roads to owning one's home are as numerous as the roads to the home itself, and those are legion in the neighborhood of New York. The first consideration is the amount of money one can spend. Having decided upon this, gather all the statistics available and weed out everything above or much below this estimate. Now and then one may find a bargain in the shape of a house whose disadvantages are only temporary, but the land about the great metropolis has been so thoroughly inspected and canvassed that, as a rule, phenomenally low prices are due to some phenomenal fault.

## THE SUBURBAN HOME

ONE WAY of building a suburban home is to act through a real estate company that will sell the land and put up the house. To do this one must have in the case of a \$5,000 house about one-fifth of this sum in order to pay for the land. The company then builds the house for \$4,000, secures a \$3,000 first mortgage for the owner, and itself takes a second mortgage for \$1,000, to run six years. One then pays \$165 interest on the first mortgage, \$165 instalment on second mortgage, about \$55 interest on the latter, and about \$70 for insurance, taxes and water, making the yearly expense \$455. As a six-room apartment in a fair locality in the city costs more than this, it would seem that there is a clear saving in owning the home, especially when it is considered that, with improved transportation, it takes no longer to get into some of the suburbs than to reach some parts of Harlem, Brooklyn, or the Bronx. However, it should be remembered that when one has a house there are unlooked-for expenses which are liable to come up, and one of the first rules for the suburban dweller is: "Don't be too optimistic."

In fact, a good rule for home makers anywhere would be, "Remember that there is always something!" This rule works both ways. There is always some disadvantage, and some special delight, wherever one's home may be. If one finds all the entertainment needed in "fixing up" one's very own house, vegetable garden, flower bed, and neighborhood, being part of life itself in the little circle of family and friends, there is nothing like owning a home in the suburbs.

At the end of six years, in addition to the \$455 a year, there remains the first mortgage of \$3,000, payable in a lump sum, or to be renewed. It is wise, therefore, for home makers who go on this first plan to arrange to save, if possible, \$500 a year besides current rental expenses, so that the home will be owned, clear, in six or seven years at most. It will never again be so easy to pay for it.

Another plan is to let the company build your house on its own land and carry the mortgage, while you make payments to it at the rate of about \$40 a month on a \$4,000 loan, with interest about half as much more, but decreasing each month. It takes a little less than nine years to pay for a home in this way. There is no knowing just what kind of neighborhood will grow up around the house; the company may have a mortgage on the land, and the land may change hands before the house is paid for. The purchaser has all the discomfort of living on undeveloped property, and it may not turn out to be what he wants after all.

If one depends on a private loan one should be something of a

building expert and have some time to give to the work of building the house in order to insure its being properly built. Still another way is to arrange the matter through a good co-operative building and loan association. The association will then appraise the land, search the title, give a title guarantee, and look after the contractor. Moreover, such an association will advance a larger loan than can be had generally in any other way.

On general principles a good real estate man or building association will build a better house for a man than he can build for himself, because there are a hundred small details of building which take expert knowledge. There is one point worth noting which can be explained even to the tyro. It is better to build a house in the fall than in the spring, and it is better not to hurry the building too much. This is because, no matter how well built a house may be, it "settles together" after it is built, and if part of this settling takes place before the door and window casings and other finishings are on, the latter will fit better and the house will be less subject to repair and easier to keep warm in winter.

For a small house the woodwork should be kept uniform or nearly so. Nothing is prettier than white paint inside or out, but if the house is situated where there is much smoke, paint soon grows dingy, and it is better to use the native wood inside, stained and oiled, with cartridge paper and hard finished walls or cheap paper that can easily be renewed, and the shingled or dark-painted finish outside. The concrete houses are extremely pretty and satisfactory, especially if one has mission or bungalow furniture. One should never use heavy columns or ornament on a small house; but, on the other hand, ornament should not be trivial and meaningless. Fan-lights over doors, graceful arches supporting verandas, quaint hooded porches with the pleasant side seats found in the old Dutch "stoop," or the narrow upper balcony of the Colonial house, supported by the front porch or side veranda—all these are quite in place even on a small cottage. The upper balcony, with its outlook into tree tops, is apt to be a peculiar delight, but it should not be wide enough to darken lower rooms.

It is not wise to have the kitchen on a different level from the dining room in the suburban house. Servants are not easy to keep there at best, and a flight of even two steps makes more difference in the course of a day than one would think. There ought to be a gas range in the kitchen, and a gas hot water heater. These things make the difference between comfort and discomfort in summer. In short, the main points to be looked out for in building a suburban home are the heating, lighting, convenience, and general artistic effect. Expensive finishings are not necessary, and are apt to cost much more than they are worth from any point of view.

## THE TREATMENT OF INDIVIDUAL ROOMS

### THE HALL AND THE STAIRS

THE decoration and furnishing of a house should begin with the hall, for it is there that guests gain their first impression of the hospitable spirit of the home. If the home is an artistic one, even the front door should convey this idea, and this is possible if care is taken.

As the arrangement of the entrance halls varies widely in different houses, the treatment must depend upon the dimensions of the room. In some homes the outer door opens directly into a vestibule, not much larger than a closet, and with such a little space little can be done except that the floor may be tiled and the walls painted and stenciled harmoniously or papered with burlap or crash, or with imitation leather. If a door opens from the vestibule to a living room, the panel should be of glass with small leaded panes, over which a sash curtain of sheet net should be hung.

If the hall is small, but not so diminutive, it is possible to make it seem much larger by the way in which it is furnished. If folding doors connect it with the parlor or dining room, they should stand open, and heavy portières hanging straight to the floor from the curtain pole will furnish the screen effect without giving the room a confined appearance.

In a small hall effort should be made to dispense with the hat-rack or other facilities for the disposal of wraps. A hall stand is anything but attractive, and, if possible, a small closet should be used for this purpose, or the rack should be placed in the most unobtrusive corner. The umbrella holder, which should be of heavy decorated Japanese porcelain or wrought iron in fancy design, may occupy a place behind the door. When no hall stand is used, there is usually a rather large mirror framed to match the woodwork, with a hall seat beneath it. For this a seat of simple design may be chosen, or it may be in the form of a carved chest with a high back. If desired, the seat, or cover of the chest, may be concealed with a cushion.

If the space devoted to the entrance is large enough to attain the dignity of a reception hall, the furnishings, while still simple, may be more elaborate. If there is a fireplace, and the room is large enough, the open fire may be made the background for a cozy corner, which may be screened in, and other furnishings, so far as possible, should be in harmony with this ideal. To meet this requirement, pieces of mission work or of antique design are best, for they are substantial and of good material, and are not subject to

the change in fashions. In houses in which the number of rooms is limited, the reception hall sometimes takes the place of the music room, in which case the piano and other musical instruments would occupy a conspicuous place.

If the hall has, as it should have, a hard-wood floor, there is no better way of carpeting it than with rugs, for they are as healthful as they are durable and attractive. When fitted carpets are used, they should be of a quiet color to harmonize with the walls. Plain colors do not wear well on a floor that is used so continuously as a hall, and bright, many-colored designs are too conspicuous. If the hall is of merely moderate size the carpet requires no border.

The selection of wall paper must be governed by the size and exposure of the room as well as by the woodwork. If a hall is finished in dark oak, a tapestry or plain paper is best; if the woodwork is painted white and the furnishings are of antique design, an imitation of one of the old-fashioned picture papers would be appropriate, or papers with stripes or pattern in two tones of the same color may be used with any tint of wood with which they harmonize. When the hall is rather dark only warm-toned papers should be selected, and one in which there is considerable yellow will compensate somewhat for the lack of sunlight. If the room is large and there are to be many pictures on the wall, plain hangings are preferable.

The pictures for the hall should be rather small in size, and they look better if they are framed somewhat similarly. A series of pictures, uniform in subject and frames, have a pleasing effect. These may be hung one above the other, and if there are more small pictures than are required for the wall space the balance may be carried up the side wall of the stairs, in an ascending scale, to the second floor.

If the hall is used as a living room, comfort may suggest some modifications of the plan outlined, either in the way of tables or particularly comfortable chairs. The lighting should be from fixtures in the centre of the room, and if there is a separate vestibule there should be a light from the centre of the ceiling between the outer and the inner door. A clock should be placed on the mantel or hung on the wall in the corner, or, if there is an old-fashioned clock among the household possessions, the hall is the place where it should stand.

Uncarpeted stairs may be kept clean more easily, but the noise made in using them may be sufficiently objectionable to make the carpet seem advisable.

## DOWNSTAIRS IN THE HOME

ONE ROOM kept exclusively for the entertainment of guests, or for use only on "particular" occasions, is no longer popular. Home-makers to-day strive to make their houses a "home," and it is held that the home atmosphere is threatened if one room is set apart as sacred to formal occasions. Accordingly, the modern parlor, or drawing room, is designed for daily use, for while it may contain the best pieces of furniture and the most artistic pictures and bric-à-brac in the home, its adaptation to human needs is no longer overlooked. The woodwork should be of a soft tone, like brown, and the walls should be covered with a plain or two-toned paper of inconspicuous design, to give a suitable background for the pictures. There should not be too many of these, but a few, properly hung, add greatly to the attractive appearance of the room. Family portraits, however, or pictures that have no value except that of personal significance, have no place in the parlor. If the floor is of hard wood it should be partly covered with a good oriental rug, and, as the rug is one of the most conspicuous furnishings, it is best to select it first and plan the rest of the room in harmony. Long lace curtains may be hung in the windows, and the over-curtains and other draperies must be selected with a view to the general effect of the room. In furnishing the parlor, regulation sets should be avoided, and care must be taken not to place too many pieces in the room. A few chairs, a settle, or small sofa, a table, and a tabouret or two are appropriate. While some chairs may be luxurious, they should not be rocking-chairs or of the lounging-chair variety, and tables should stand at the side of the room, not in the centre, where they are so frequently placed.

The dining room should be one of the lightest rooms in the house, as the morning sunlight or the last rays of the setting sun add materially to the pleasures of the table. If such a possibility cannot be attained, however, this disadvantage may be offset to some degree by planning the decorations with a view to a warm effect. This can be somewhat governed by the character of the wall paper, subdued hues being used in light rooms, while dark rooms are greatly lightened by the use of strong, bright tones on the walls. A rug woven with a rather strong figure is the best floor covering for this room. If the floor is not of hard wood, the boards should be stained or painted in a soft tint that does not detract from the effect of the rug, which should be large enough to permit the chairs to be pushed back without touching the bare floor. The treatment of the woodwork in this room must depend largely upon the character of the furniture. Thus, if the large pieces are of the mission type, the

background should be dark to correspond, whereas oak is adapted to a lighter shade of brown, and mahogany calls for a still lighter tone, even harmonizing with white. While massive pieces seem crowded when placed in a room of moderate proportions, dining room furniture is necessarily large, and should be selected with a view to durability, as the usefulness of table, chairs and cabinets of good material is not likely to be impaired by temporary changes in fashion. For that reason a liberal expenditure for the furnishing of the dining room is not likely to be money wasted. Although square and oblong tables are still in use, and will long continue to be used, it is generally held that a round table is more satisfactory, especially in a rented house. The chairs should be of the same material as the table, and in a general way should match it in design. It is customary to place arm chairs at either end of the table, while the other chairs are without arms. The character of the sideboard and china cabinets must depend to a great degree upon the size of the dining room. If the room is very large a generous-sized sideboard adds a hospitable note that can be obtained in no other way. If space permits, a serving-table should also be included. If no china closet with glass doors has been built into the wall there should be one or two good-sized cabinets in which to display the china, cut glass, etc. If the dining room is to be used exclusively for the service of meals, rocking-chairs or a couch are out of place. When used as the living room, on the other hand, the table should have an attractive cover, that it may be used for other purposes during the day, and under such conditions there is no need for the exclusion of the couch and rocking-chairs or the other conveniences that help to make a room comfortable. The uses to which this room is to be put naturally play an important part in the selection of the pictures. In no case, however, should wall space be given to the still life studies of fish, game, and animals that were once so popular. In the selection of curtains the matter of light must be kept in mind, as their purpose is to shade, not exclude, the light from the room.

As the library is likely to be the place in which all members of the family love to linger, and as it will probably be used more or less for the entertainment of familiar guests, it should possess more of the livable atmosphere than any other room in the house. Care must be exercised in selecting a color scheme. Any discord in this respect will do much to detract from the quieting influence that the library is supposed to exert. For this reason bright colors must be avoided, and the more sober tones, like Indian reds, browns, greens, or the darker blues, should be used instead. To this ideal even the wood-work must conform. If possible, the colors in the library should blend from the floor to the walls, the rugs or carpet being of the darkest tones, with furniture of a similar shade, draperies and hang-

ings a little lighter, and wall paper of the lightest tone of all. If there are enough books to warrant building the bookcases into the walls the question of wall decorations practically solves itself. Portable cases are often more desirable, as they take up less space, and permit of additions being made easily. Such cases come ready built, in various shapes, and with or without doors. If the bookcases leave considerable wall space the matter of the paper is important. The first choice is a plain paper of the same color, but of a lighter tone than the other furnishings; or, for the second choice, a two-toned paper of a design that is sufficiently self-effacing to be inconspicuous. The furniture in the library should consist of a few chairs, a reading table, a writing desk, and, if desired, a couch or divan. The chairs should be luxurious and deep-seated, inviting occupancy; the couch should be provided with enough pillows to make rest upon it practicable, and everything about the room should suggest comfort and hospitality. In furnishing a library it is almost impossible to select pieces that are too massive, especially if the room is a large one, as it should be. As good light is a prime necessity in the library, proper illumination should be provided for all parts of the room. The study table and writing desk should have drop-lights, with shades that throw a soft, agreeable light through green, and instead of the regulation chandelier there should be suitably-shaded lights from the side walls. The curtains selected should be so arranged that they may be drawn entirely away from the window glass during the day.

## THE LIVING ROOM AND THE DEN

ALL authorities in domestic economy who have made a particular study of the art of home-making insist strongly that every home should have a living room—one room to which every member of the family may resort freely, where there is no chance of interference with one another, and where the furnishings are so distinctly for use and comfort that the very atmosphere throbs with good-fellowship and hospitality.

It is not imperative that the living room should be nothing but a sitting room. It may, if desired, combine the qualities of sewing room or nursery with those of the sitting room, but it should be the one room in the house that is held most sacred to the family, for it is in this way that its individuality may best be maintained. For many practical reasons, therefore, it is best that this room should be located on the second floor.

The furnishing of a living room should be largely a matter of development, for it is to this room that favorite chairs may be relegated when they have become so marked with the evidence of service that wisdom suggests their banishment from the parlor or



library. Placed in the living room, however, they remain the shrine to which those who love them may resort for a comfortable nap or a few moments of rest when clad in dressing gown and slippers, for it is in the living room that such delightful freedom is always possible.

As the living room is likely to become a reading room, a sewing room, the nursery, or a general sitting room, there must be an abundance of light, and the walls and curtains must be chosen with this end in view. As in the dining room, the curtains should be made of thin, washable material, while the walls should be covered with a paper of quiet tone and unobtrusive design. Burlap, crash, jute, or other textile fabrics are well adapted for the walls of such a room, as they permit of the hanging of the family portraits and all the pictures that, while of personal value because of their intimate significance, are of little artistic merit, as well as too dissimilar in character to rest pleasingly upon a paper of very distinct design.

As the living room is likely to be put to almost constant use, a rug makes the most desirable floor covering, as it may be kept clean without the necessity of tearing the room to pieces to meet the exigencies of semi-annual housecleaning. In a room so generally used a large rug is more satisfactory than two or three small ones.

As the living room is furnished primarily for comfort, there should be a couch or sofa, with an ample supply of cushions, as well as floor cushions and low chairs for the use of children. There should also be a good-sized table in the centre of the room that all the members of the household may sit around it when reading or working. If desired, it may be used at times as a card table. In one part of the room there should be a small case for favorite volumes, and, if space permits, a rack for current newspapers and magazines.

In homes where provisions have been made for both a library and a living room there may be little need for a den, unless, as sometimes occur, the odor of tobacco is so obnoxious to certain members of the household that the smoker must be provided with a place where he can smoke his pipe in peace. If the home boasts the possession of a billiard table, the billiard room and den may be combined; otherwise the den should be a room by itself, to which the man of the house may go when he desires to be alone or to which he may take his friends that they may have a quiet chat over their after-dinner cigars.

In any case, however, the den should have an individuality of its own, nor should that individuality savor of the rummage sale, as is too often the case, where it is the practice to furnish the man's den with the cast-off furniture from every other part of the house.

Indeed, as much care should be shown in furnishing this room as any other, for while the pieces required to make a den habitable and comfortable are not as many or as costly as those needed to make a parlor attractive, good taste demands that a proper selection be made. Thus antique furniture looks best in old-fashioned surroundings, mission furniture calls for dark woodwork and sober tones here as it always does, and so one may go through the list of available decorations—each calling for a different kind of woodwork, hangings, and wall paper if the correct atmosphere is to be maintained.

A small writing desk is not out of place in the corner of a den, whatever the decorative scheme employed, and another corner of the room should contain a round table of medium size, suitable to be used as a card table. Manufacturers of den furnishings make card tables, or combination chess and card tables, that meet this requirement perfectly. They also manufacture smokers' sets of various types, some of which have met with high favor.

If no regulation smokers' set is provided, however, a substitute must be found if the den is to play the rôle of the smoking room. The accessories that are most necessary are pipe racks and tobacco jars, a humidior for the cigars, a cigar lighter operated from an alcohol lamp, match safes, and ash receivers, and, for decorative effect at least, a Turkish water pipe on a low tabouret. Beyond this individual taste must direct, for furnishing schemes that would delight the soul of one man would prove a hopeless jumble of useless articles to another. The one thought to keep in mind, however, is that the den is first and foremost a room for recreation, and so must be a place for comfort. Let the chairs, therefore, be of the lounging type—Morris chairs, or deep-seated, heavily upholstered armchairs; let the couch be generous in its invitations to the tired body, and let there be nothing in the room that will tend to jar ever so slightly upon the atmosphere of repose.

## ARTISTIC TREATMENT OF THE BEDROOMS

THERE is probably no part of the home that offers a wider latitude in the selection of furnishings than the sleeping rooms. The ideal bedroom is the one which is used almost exclusively for the hours devoted to sleep or rest, for while it is possible to make a sewing room or sitting room out of a sleeping apartment, it loses much of its attractiveness when forced to play a dual part. Not even by the greatest stretch of the imagination can the sewing machine and work table be made to harmonize with the ordinary furnishings of a bedroom, so it is wisest, whenever possible, to banish the discordant elements by sending them to some

other part of the house—even to the dining room—rather than that the reposeful qualities should be eliminated from the rooms in which we are supposed to spend the recreative hours in sleep.

The best furnished bedroom is that which is furnished most simply. Arrange the rooms with as many windows as possible, and see that they extend closely to the ceiling, that there may be no question as to the amount of light and ventilation that the rooms are to receive. Let there be light curtains, and, if desired, sash curtains of an equally light material at the windows, while the new wash rugs that may be bought so cheaply at any furnishing store make the best and most healthful covering for the floor. If it is deemed necessary that the entire floor should be covered it should be with matting, not with carpet, but if the floor is of hardwood, and polished, several cotton rugs of different sizes will answer every purpose admirably.

As the color effect in the bedrooms should be as bright and cheery as possible, the woodwork should be painted white, while the walls should either be tinted or covered with a light paper in one of the chintz patterns that may so easily be made to harmonize with the other furnishings of the room.

While wooden bedsteads are still used, and now manufactured in most attractive designs, it is an open question if the white-painted metal or all-brass beds are not to be preferred. There is no doubt that they can be kept clean more easily, and their durability is another advantage. The question whether each person should have a separate bed is one that is still open to argument on both sides, for while the single beds have recognized advantages, there are many who prefer the standard-sized double bed. Accordingly, the choice must be left to individual judgment.

Besides the bed there should be a comfortable couch for daytime naps, if the room is sufficiently large to permit of such a luxury. This should be so arranged that the head will not face the light, and in addition to a serviceable cover it should contain an afghan or blanket, and one or two pillows.

All the chairs in the room, with the exception of a single rocker or easy chair, should be of the ordinary cane-seated, straight-backed type, as they will naturally receive but little use.

If a dressing room adjoins the sleeping room, the wash stand, the dressing table, and the clothes tree would logically be located there, but as the majority of homes have no special provisions for dressing, these articles of furniture, with the bureau and other conveniences, must usually find a place in the bedroom. In this case the bureau or dressing table, or both, if possible, should stand between two windows that they may get light from both sides during

the day, and the lighting scheme should be so arranged that light may be obtained in the same way at night. A chiffonier is also a great convenience, especially when the man's clothes must be kept in the bedroom, and special chiffoniers are made expressly for this purpose, being fitted with trays instead of drawers.

While both the bureau and the dressing table may contain a mirror, few of these glasses meet the exigencies of dressing perfectly, and this difficulty may easily be overcome by adding a cheval-glass to the furnishings of the room, or, if this is impractical, a long mirror set in the wall or fastened to the back of a door—in such manner that there is no danger of breaking it—will meet the same requirements almost as satisfactorily.

Every bedroom that is also used for dressing should have a screen, and, if desired, this may be made at home at comparatively slight cost. If no member of the household is handy with tools, any carpenter will make the framework cheaply, and this, when covered with paper or cloth, may be made quite as attractive and serviceable as any of the more expensive screens that the stores supply.

The pictures on the walls of the bedroom should be of the reposeful sort—dainty prints, or paintings in soft tones, framed lightly to harmonize with the tint of the wall paper.

Many housekeepers who furnish the major part of their homes adequately make the mistake of furnishing the housemaid's room with every sort of nondescript articles. Anything that is not good enough to be shown in other parts of the house is regarded as quite worthy to find a place in the girl's room, and as the natural result the general effect is far from being either homelike or agreeable. People forget that the maid must spend more time in her room than the other members of the family do in their sleeping apartments, and they do not realize that a small sum of money expended to make this room pleasing will do much to engender the peace of mind that is the first requisite in a satisfactory servant.

In furnishing the maid's room it is not necessary that costly pieces should be selected. There should be either a washable cotton rug or a decent carpet on the floor; the walls should be tinted in soft tones or papered with a soft, two-toned paper of inconspicuous design; there should be muslin or other inexpensive draperies at the windows, and a few attractive pictures on the walls.

The articles of furniture should be chosen with a view to their sanitary and durable qualities. A white-painted metal bedstead with a comfortable spring and mattress should be obtained, and there should be a sanitary washstand with a toilet set of attractive pattern, a good bureau with several drawers and a mirror, and at least two chairs, one of them an easy chair.

## THINGS NEEDED IN THE KITCHEN

**A**S A KITCHEN is primarily devoted to cooking, the stove or range is the most important article of furniture. This should be large enough to supply all the requirements of the family, and, if possible, it should be supplemented by a gas range for use during the warm weather when a coal fire assumes the character of an unnecessary hardship for the cook.

So far as the range is concerned, there are all kinds at widely varying prices. Some are very simple in construction, while others are supplied with every imaginable convenience, including mechanism that accurately registers the heat of the oven. If the more elaborate stoves are too costly, however, the smaller ones will do good work, for once the cook has mastered the secret of running it almost any good range can be depended upon, and, let it be remembered, reliable dealers sell no other kind.

A carpet on the kitchen floor is as thoroughly out of place as lace curtains would be in the windows. Instead, let the floor be covered with oilcloth or linoleum, and let the window hangings be made from some pretty piece of wash goods, like dimity or muslin. If rugs are used on the floor at all let them be small wash rugs, just large enough to soften the effect of the hard oilcloth upon the feet when there is much standing to be done. For the walls paint is best—the tint being of a light color that the effect may be cheery—or they may be covered with imitation tile paper, or with the newer oilcloth covering in an unobtrusive pattern and dull finish.

If a butler's pantry has been provided, the kitchen is thus relieved of the dishes and food supplies, otherwise there should be ample provision made for the multitude of things that must find a place in the kitchen or the kitchen closet. Of course, in most homes there is a china closet in which the better grades of dishes are stored, but even this does not relieve the kitchen of its most serious burdens, a fact which indicates to some degree the importance, if not the actual necessity, of the butler's pantry, and this becomes still more apparent if no special place has been provided for the ice box, with the result that it, too, has to stand on the kitchen floor, where the heat from the range plays havoc with the ice, to say nothing of the annoyance that it causes by being constantly in the way.

In furnishing a kitchen the chairs must not be omitted, for there should be two or three of these, and one should be an easy chair. A kitchen clock is also a necessity, and other articles will undoubtedly be added to the above list as the need for them is felt.

Many lists have been made of the utensils needed to make the kitchen equipment complete, but the following list is generally admitted to be one of the best:

#### WOODENWARE.

Rolling pin, two cutting boards, bread board, stirring spoon, tray for kitchen cutlery, potato masher, meat board, moulding board, butter boards, cake spoon, salt box, chopping bowl.

#### EARTHENWARE.

Six bowls, ranging in size from half pint to two quarts, six small oval dishes of various sizes, six plates, three covered dishes, molasses jug, large crock, casserole, bean pot, two small pitehers, three baking dishes, two platters, six refrigerator plates of different sizes, small crock, vinegar jug, set of custard cups.

#### IRONWARE.

Three broilers, one for toast, one for meat, one for fish; two spiders, potato ricer, set of steel skewers, pan for roasting, three pans for baking, griddle, muffin pan, set of scales, three flatirons, pot for frying, waffle irons, meat rack.

#### GRANITEWARE.

Two double boilers, one quart and two quarts; six saucepans, from one pint to one gallon; coffee pot, colander, two mixing bowls, two-quart and four-quart; soup pot, eight-quart kettle, dishpan, hand basin.

#### WIRE AND TINWARE.

Two cake tins, three layer cake tins, four pie plates, two strainers, milk pan, dish drainer, egg beater, spice boxes, two graters, nutmeg grater, wire whisk, vegetable cutter, biscuit cutter, cookie cutter, bread and cake boxes, flour sifter, two funnels, steamer, ice cream mould, mould for jellies, etc.; two ladles, two dippers, sheet for cookie baking, coffee strainer, tea kettle, frying basket, soap shaker, long-handled wire fork, pepper box, set of canisters, skimmer.

#### MISCELLANEOUS ARTICLES.

Two palette knives, different sizes; bread knife, cake knife, butcher's knife, two vegetable knives, six steel knives, lemon squeezer, knife sharpener, apple corer, wooden mallet, chopping knife, corkscrew, coffee mill, six dish towels, six coarser towels, towel roller, three dish cloths, drink shaker, washboard, fireless cooker, six forks, various sizes; one-half teaspoon, two teaspoons, two tablespoons, two large spoons, vegetable brush, scissors, meat chopper, four hand towels, bread mixer, cake mixer, can opener, pastry bag, jelly bag, three bolders, mop, broom, floor brush, canvas bag for chopping ice, fruit press, ice pick, food chopper.

## LAUNDRY AND BATHROOM

**W**HEN the laundry work is done at home, and this is advisable wherever it is possible, many articles will be needed that have not been enumerated in the list of kitchen utensils. If the cellar has been wisely constructed, provision will have been made for this work; if not, it will have to be done in the kitchen, although this is by no means as desirable.

If a regular laundry has been established it will include set tubs and a small stove upon which water may be heated and the clothes boiled. Otherwise two washtubs will be required, as well as a water pail and a clothes wringer. The remainder of the list includes a closed wicker hamper to hold the soiled clothes, a wash boiler in

which to boil them, an open wicker basket to carry the wet clothes from the laundry to the line, one or two clothes horses, or racks, on which to dry the clothes in bad weather and to air them after ironing, a sufficiently long clothes line, and clothes pins enough to go round. In selecting clothes pins it is wise to purchase cheap ones, that they may be thrown away as soon as they have become soiled. The best of pins will get dirty as quickly as the cheapest kind, and even those that are least costly will be strong enough to hold the clothes on the line as long as they are fit to be used for that purpose.

Where there are no set tubs in the house a stand for the two washtubs becomes a necessity, and it is a saving in time and strength to get the stand with a wringer attachment, that the latter may remain firmly fixed between the tubs. Such a bench should be high enough to make it unnecessary for the person who is washing to bend far over the tubs, and if it is not it should be elevated. Washing is back-breaking work at best, and anything that can be provided to lighten the labor should be regarded as a necessity.

It is also unwise to practice economy in the purchase of a wringer or wash boiler. A good wringer will last enough longer than a poor one to make up for the difference in the cost a dozen times over, and a cheap tin wash boiler is a delusion that soon exposes itself. If one that is all copper seems too expensive, see that the bottom at least is of copper. It will cost a little more, but it will recompense the purchaser liberally for the difference in price.

For ironing, a board that sets upon a frame which folds when not in use is a convenience with which one can hardly dispense. If gas is used to heat the irons, several irons should be kept heating at the same time, for if they are placed upon a cover, over the gas, the expenditure for fuel will be materially decreased and better results will be obtained. A small iron rest, to hold the flat, should stand at the end of the iron board, and beside it a cake of wax, wrapped in muslin, with a wooden handle, to be used in waxing the irons.

When gas or electric irons are used in ironing, the work is much simplified, as there is no need to give thought to the heat of flats that are self-heating. That these are a great source of economy in time and strength, as well as in the cost of fuel, all housekeepers who have used them are eager to testify, and while the first expense of such appliances is greater than that for ordinary flats, it is a question if the economy in fuel alone is not sufficient to make them pay for themselves before many months have elapsed.

In planning a house it is often the case that too little thought

is given to the equipment of the bathroom and toilet. Of course, in many instances where the sum of money that can be devoted to housefurnishing is limited, it is impossible to expend the amount necessary to equip an ideally perfect bathroom, yet the requisite articles may now be obtained so reasonably that there is small excuse for incorporating cheap material, especially when such excessive economy in this direction is likely to create all sort of unsanitary and necessarily unhealthy conditions.

One of the expenditures for which no regret will ever be felt is the purchase of matched rubber tiling for the floor and side walls of the bathroom. Of course, if money is an object, the tiles need extend only about three or four feet from the floor, as the rest of the wall space may be tinted in a corresponding tone or covered with imitation tile wall paper, some kinds of which are washable. If the floor is not tiled, however, it should be covered with oilcloth or linoleum, over which one or two washable cotton or wool rugs may be laid.

The general color scheme of the bathroom should be white, or, at the most, a tint closely approaching it in blue, green, pink, or yellow. Such an effect may be suggested in the tiles as well as in the treatment of the walls and windows, but it must not be so pronounced as to be in conspicuous contrast to the ivory white tone of the sanitary bathroom furnishings.

If but one tub can be afforded, the ordinary long bathtub should be selected, as this may be put to many uses. If there is to be more than one, the housefurnisher may choose between a sitting bath, a foot bath, and a shower bath. When the long tub is the only one selected, extra appliances may be attached to provide for both shower and shampoo baths, so that the other tubs need not be seriously missed. Portable shower baths are now made with nickelplated tubing and soft white rubber curtains, enabling any person to supply even the cheapest bathtub with a shower and at comparatively little cost. If only a footbath is required, adjustable seats may be obtained that will turn any tub into as good a footbath as anyone could desire.

Both the washstand and toilet should compare favorably with the bathtub in sanitary qualities, as it is only this sort of plumbing that makes the lodgment of dust and disease-breeding germs impossible. Woodwork in a bathroom, however thoroughly it may be cleansed, is a source of constant danger, whereas the better class of plumbing, as represented by well enameled iron, reduces such perils to a minimum.



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Underlying the Popularity

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And Why Our Business  
Is Ever on the Increase

**O'NEILL-ADAMS & CO.**

Sixth Ave., 20th to 22nd St., N. Y.

## What Do We Mean by Profit Sharing?

### And What Are Surety Stamps?

We decided some time ago to try to make each patron's share in the profits of this store in exact ratio to their permanent trading here.

We found this could best be done by issuing Surety Stamps.

A filled book of 990 stamps can be redeemed by you in merchandise, actual value of \$2.50, you



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If you are contemplating refurnishing your home, it would pay you to investigate our popular Home Furnishing Club Plan.

By joining the Club, you are enabled to purchase all lines of home furnishings at our lowest cash prices, at regular or special sales, payments as arranged with our Club Charge Office. Payments are to be made in person at the office or by check, as you prefer, the transaction being surrounded with the same courtesies as attendant upon a regular charge account.

We sell home furnishings of the best quality only, and our prices are as low if not lower than can be obtained elsewhere for the same grade of dependable furniture, draperies, etc.

Further particulars cheerfully given at our Club Plan Office, Balcony, O'Neill Main Store.

*We Issue Surety Stamps to Our Club-Plan Customers*

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Unequalled Profit-Sharing Advantages

*It is Valuable to You*  
*It Encourages You to Save*

You deposit with us whatever sum you desire, make your purchases in the usual way, having them charged against your account. Your purchases are itemized and a statement sent you monthly which shows you exactly how your transaction stands and the cash balance remaining in your favor.

### Interest on Balances

Your cash balance earns 6 per cent. per annum, compounded quarterly, on months during which you make purchases. The months during which you make no purchases, your cash balance will earn at the rate of 4 per cent. per annum.

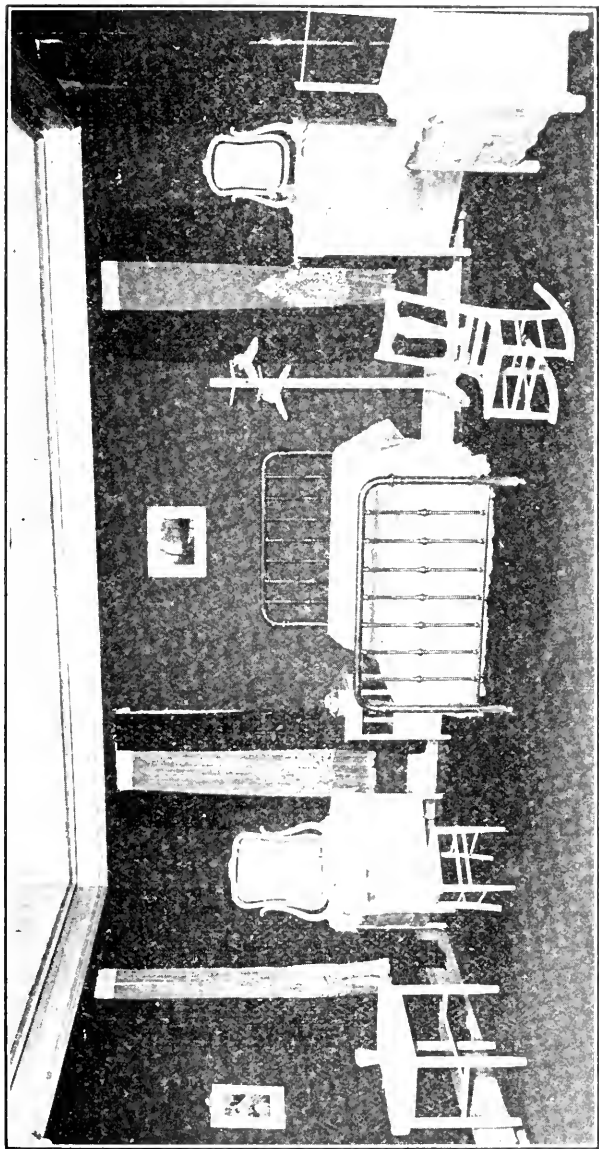
### Surety Stamps

We give Surety Stamps on all Deposit Purchase charges. These stamps return you  $2\frac{1}{2}$  per cent. in goods from over our sales counters.

This is Not a Banking Institution AND DOES NOT ISSUE CHECKS. Only such accounts as are intended for purchasing purposes are acceptable.

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THE O'NEILL STANDARD WHITE ENAMEL BEDROOM SUIT

**Table,  
\$4.50.**

**Dresser,  
\$17.75.**

Somme,  
\$6.00.

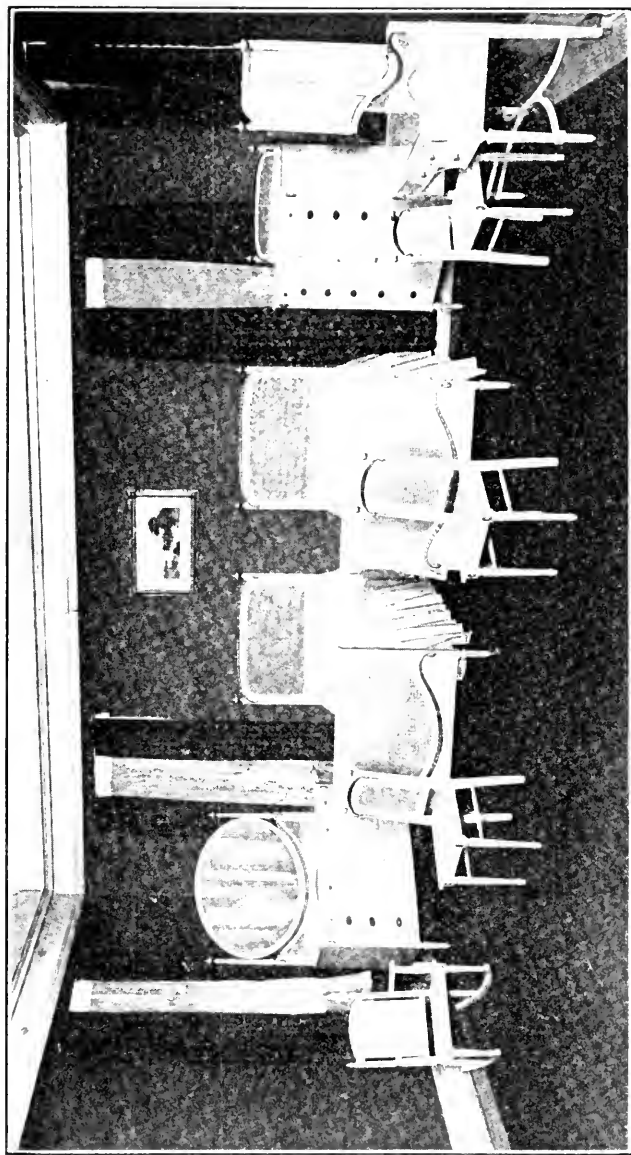
Grass Bed,  
\$20.00.

**Costumer, \$8.00.**

**Rocker, \$3.50.**

**Washstand,  
\$5.50.**

**Chiffonier, \$15.25.**



THE O'NEILL STANDARD IVORY AND GOLD BEDROOM SUIT

Rocker,  
\$29.00.

Dresser,  
\$128.00.

Red,  
\$78.00.

Red,  
\$78.00.

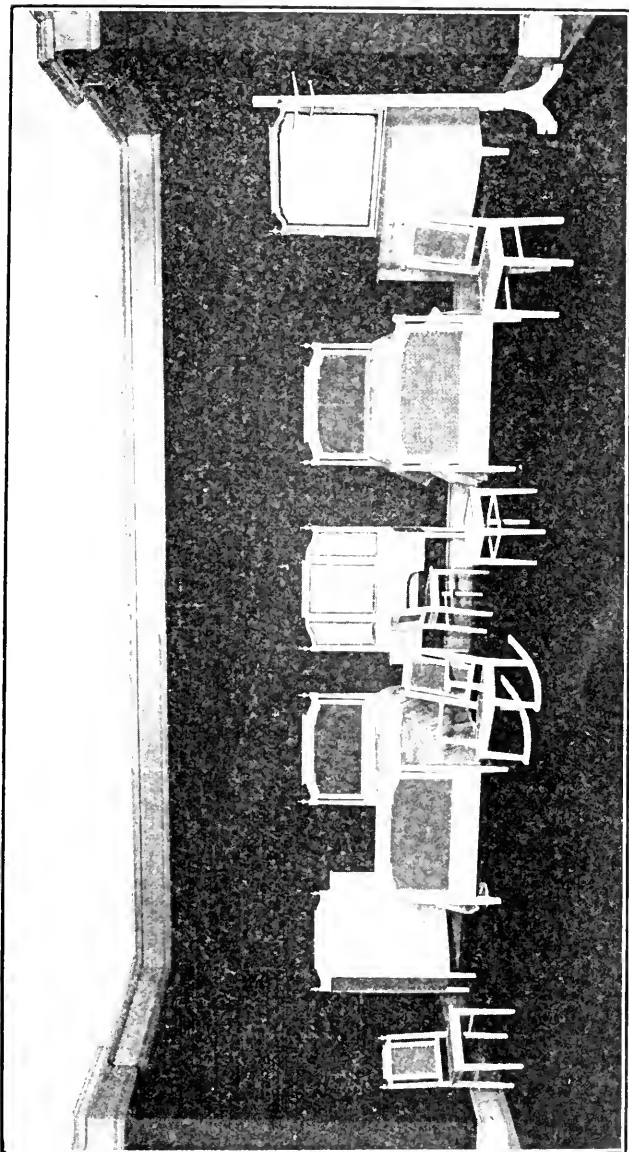
Chiffonier,  
\$93.00.

Toilet Table,  
\$116.00.

Side Chair,  
\$25.00.

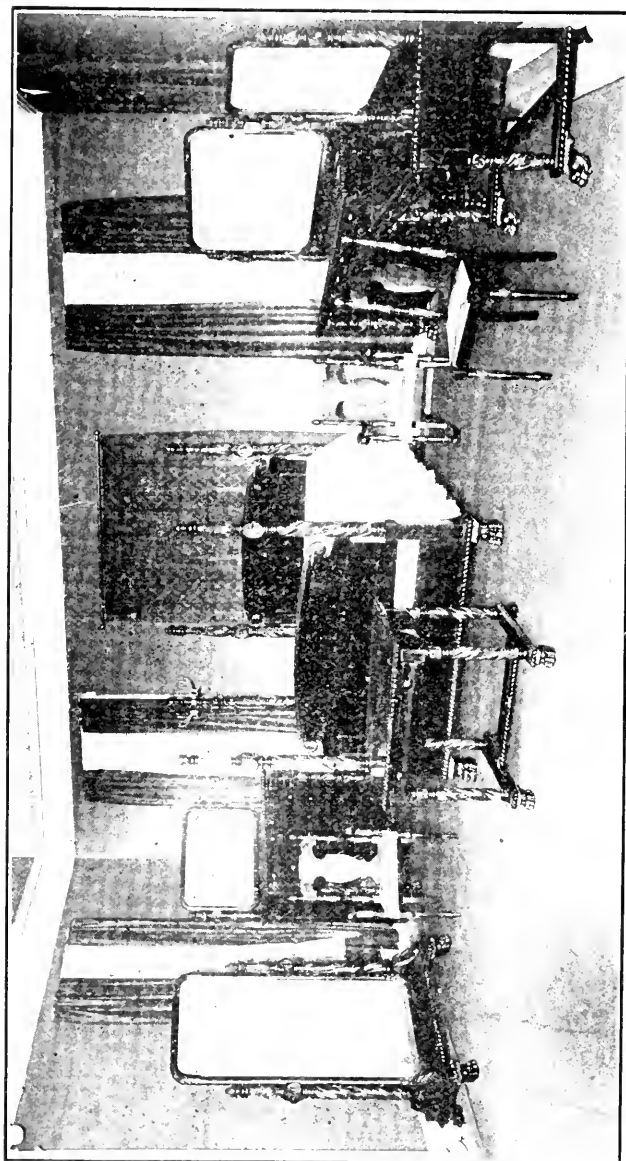
Side Chair,  
\$25.00.

Toilet Tab'le Chair,  
\$24.50.



O'NEILL STANDARD WHITE ENAMEL DECORATED BEDROOM SUIT

Side Chair,	\$21.00.	Bed,	\$85.00.	Dresser,	\$133.00.	Costumer,	\$8.00.
Chiffonier,	\$109.00.	Rockor,	\$25.50.	Toilet Table,	\$112.00.	Side Chair,	\$21.00.
		Toilet Table Chair,	\$20.50.				



# O'NEILL STANDARD MAHOGANY BEDROOM SUIT

Cheval Glass,  
\$102.00.

Chiffonier,  
\$129.25.  
Arm Chair,  
\$23.00.

Costumer,  
\$39.50.  
Table,  
\$54.50.

Bed,  
\$158.00.

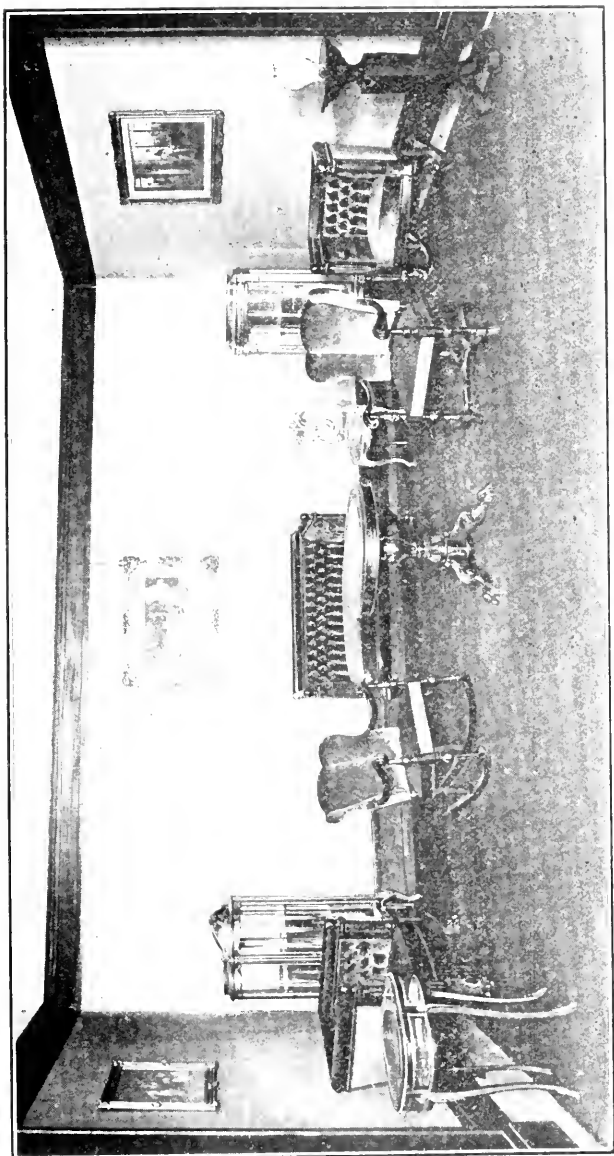
Arm Rocker,  
\$23.00.

Side Chair,  
\$18.75.

Dresser,  
\$156.50.

Toilet Table,  
\$91.00.





# THE O'NEILL STANDARD PARLOR FURNITURE

Gold Cabinet,  
\$140.00.

Curio Table,  
\$38.00.

Rocker,  
\$39.00.

Parlor Suit,  
3 Pieces,  
\$127.50.

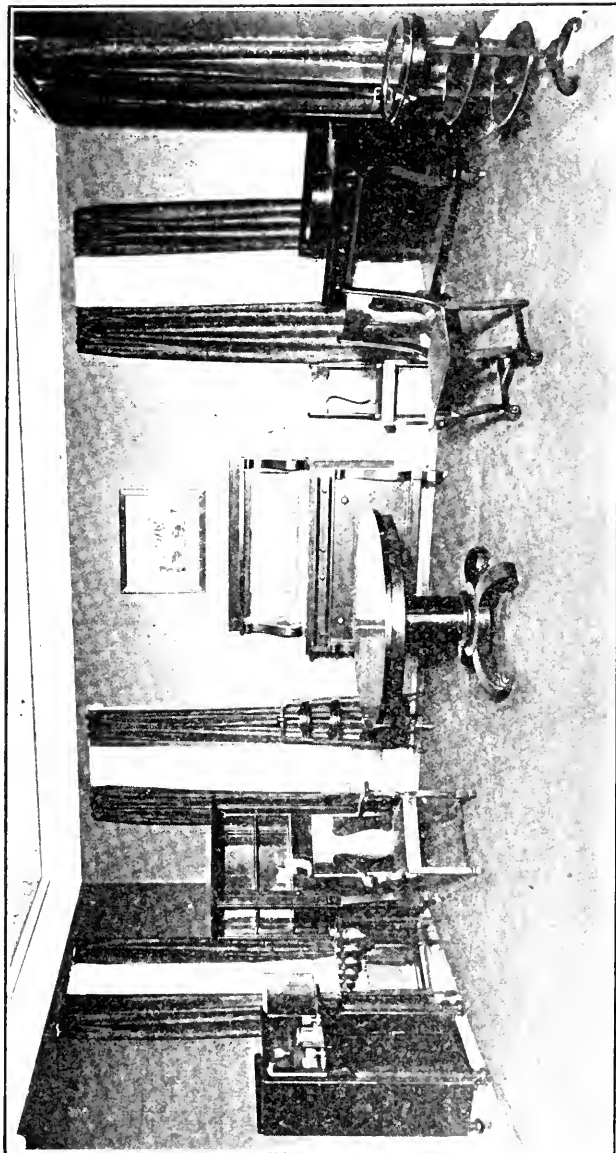
Gold Chair,  
\$26.50.

Gold Cabinet,  
\$103.25.

Parlor Table,  
\$28.50.

Arm Chair,  
\$39.00.

Pedestal,  
\$15.25.



THE O'NEILL STANDARD COLONIAL MAHOGANY DINING ROOM SUIT

Cellarette,  
\$71.50.

China Closet,  
\$80.00.

Muffin Stand,  
\$59.50.

Side Board,  
\$90.00.

Side Chair,  
\$10.25.

Side Table,  
\$39.00.

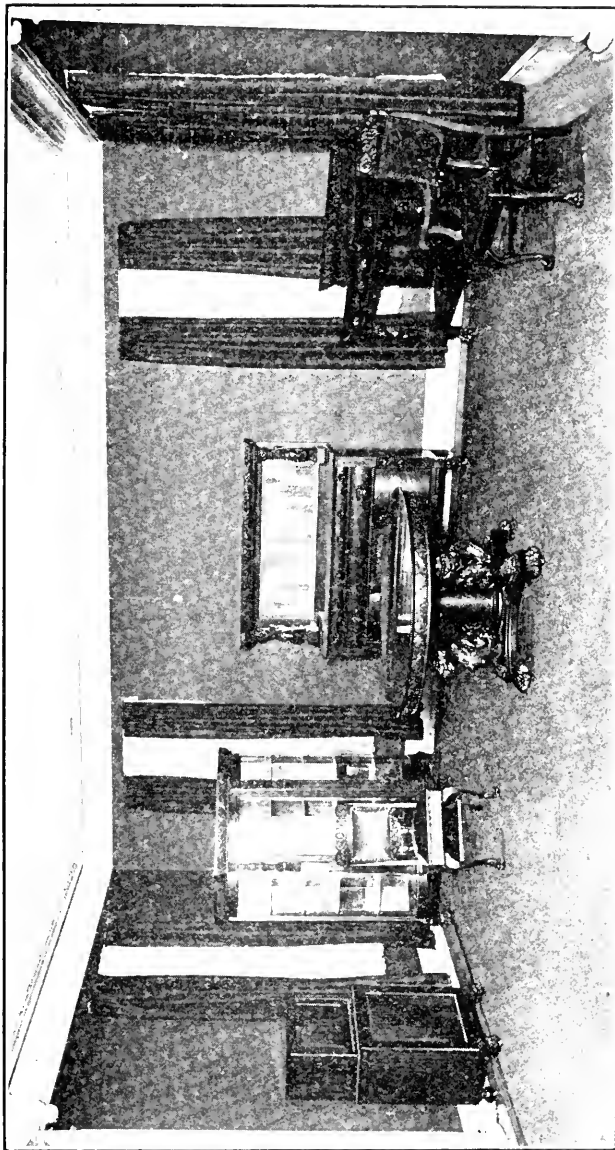
Tea Table,  
\$32.50.

Dinner Gong, \$51.00.

Arm Chair, \$13.50.

Extension Table,  
\$49.00.

Side Chair,  
\$10.25.



THE O'NEILL STANDARD GOLDEN OAK DINING ROOM SUIT

Cellarette,  
\$49.00.

China Closet,  
\$100.00.

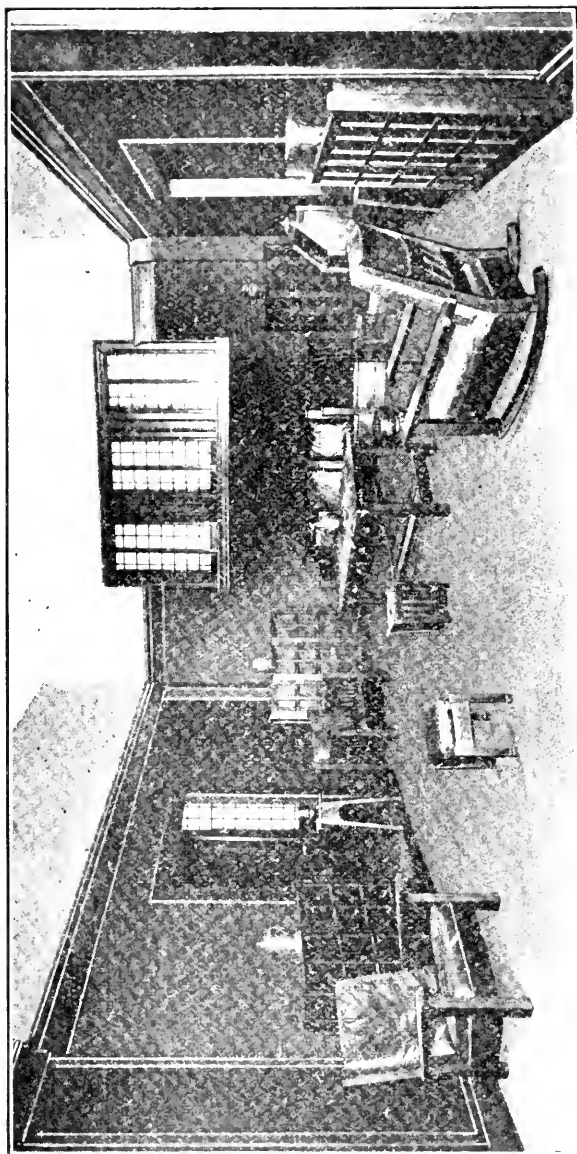
Side Chair,  
\$12.00.

Side Board,  
\$120.00.

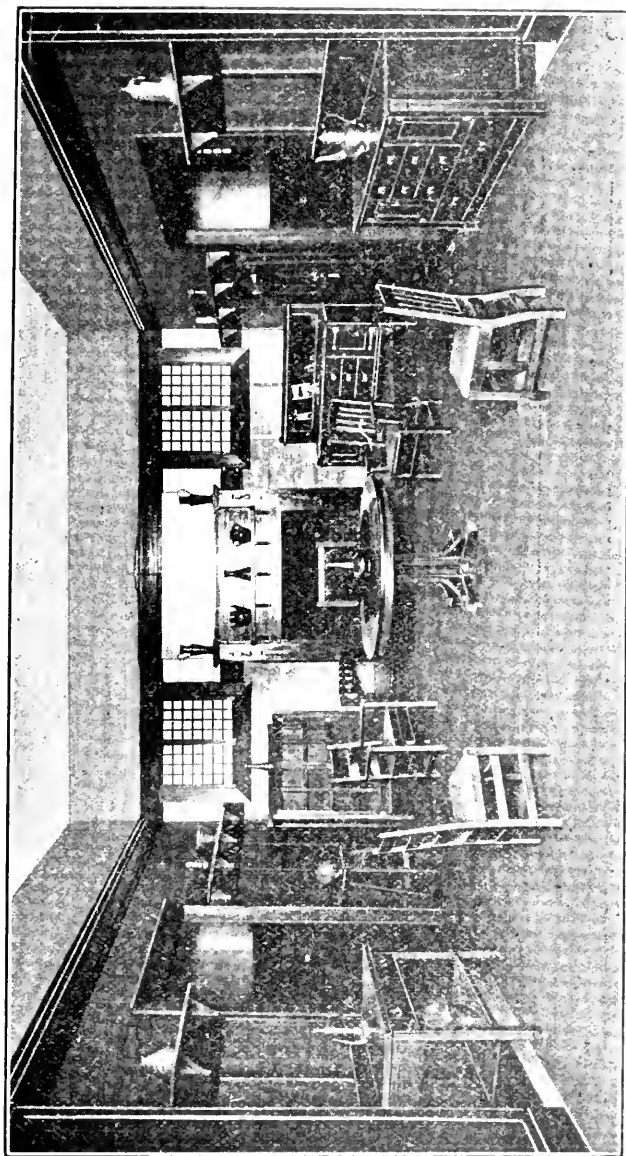
Extension Table,  
\$98.00.

Side Table,  
\$38.00.

Arm Chair,  
\$16.00.

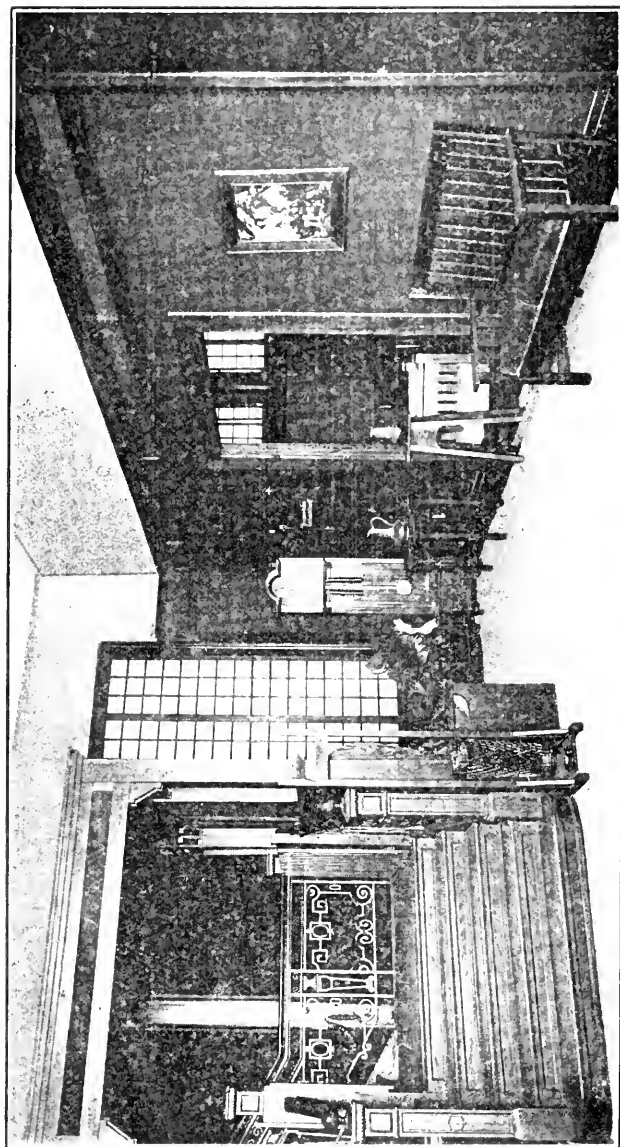


AN ARTS AND CRAFTS LIBRARY IN THE GREAT O'NEILL DISPLAY	
Bookcase,	Bookcase,
\$34.00.	\$27.00.
Arm Chair,	Sofa,
\$47.50.	\$104.00.
	Library Table,
	\$44.25.
	Desk Chair,
	\$6.00.
	Arm Rocker,
	\$47.50.
	Waste Basket,
	\$4.75.
	Stool,
	\$8.75.
	Desk,
	\$37.50.



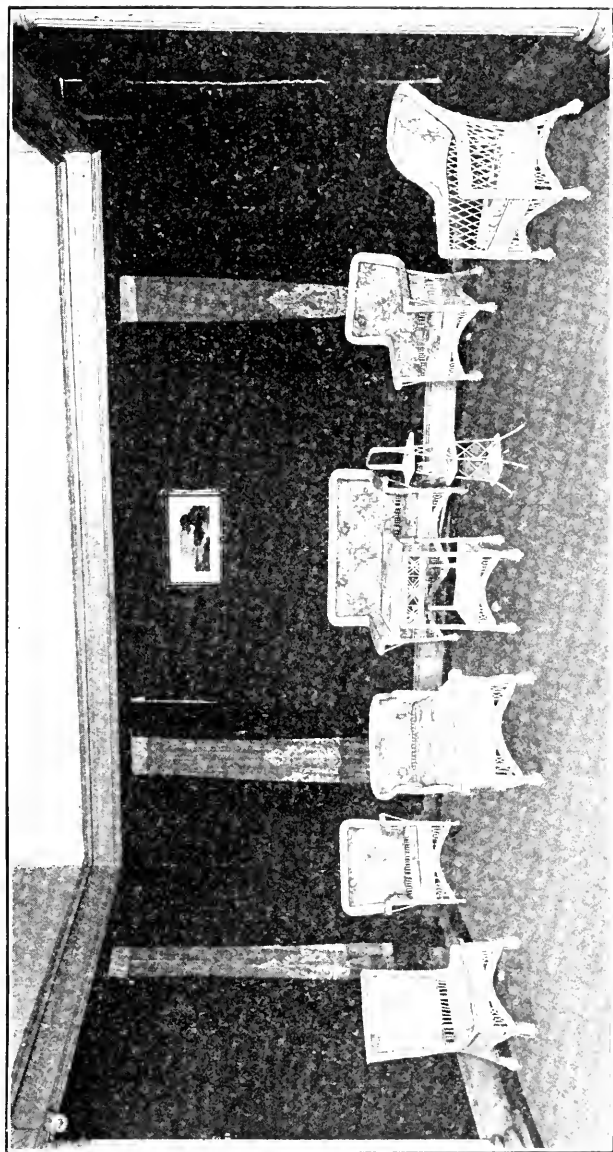
AN ARTS AND CRAFTS DINING ROOM—SEE THE O'NEILL DISPLAY

Side Table,	\$20.50.	Side Board,	Clock,	Buffet,
Pedestal,	\$4.75.	Dinner Gong,	\$71.50.	\$56.00.
China Closet,	\$42.50.	Extension Table,	\$30.50.	
Arm Chair,	\$8.50.	Arm Chair,	\$11.25.	
Side Chair,	\$6.00.	Side Chair,	\$8.00.	



A HALL IN ARTS AND CRAFTS AT THE O'NEILL-ADAMS CO. STORES

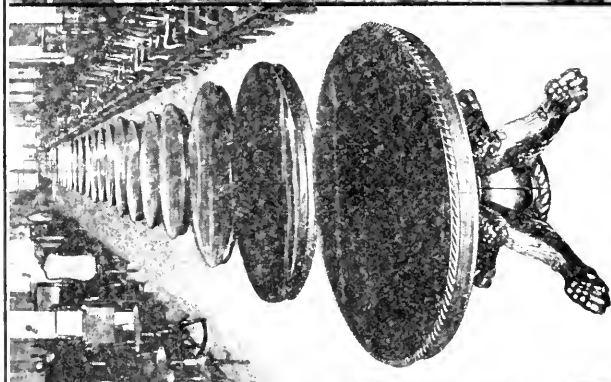
Coat Rack,	Clock,	Settee,
\$9.75,	\$34.50,	\$28.75,
	\$4.75,	
	Table,	Hanging Hat Rack,
	\$4.75,	\$2.00,



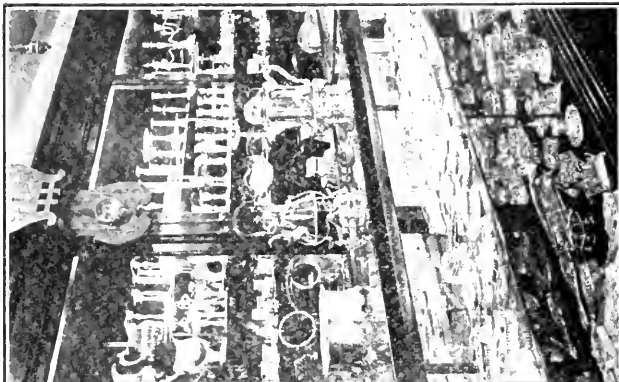
Side Chair,	O'NEILL	STANDARD WHITE ENAMEL	WILLOW FURNITURE	Arm Chair,
\$16.75,	Arm Rocker,	Couch,	Sofa,	\$14.00,
	\$21.00,	\$55.00,	\$41.00,	
			Table,	
			\$17.00,	
				Arm Chair,
				\$20.25,
				Muffin Stand,
				\$5.75,



**RICH CUT GLASS**  
Is Always Low-Priced  
at O'Neill's.

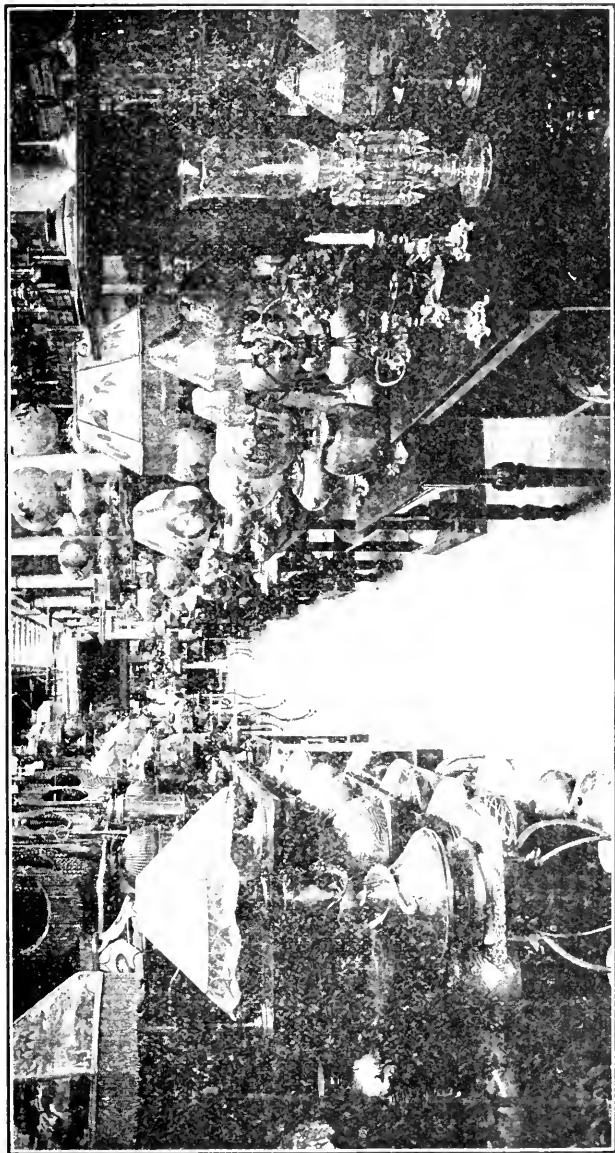


**A MILE OF DINING TABLES**  
Gives Ample Selection  
at O'Neill's.

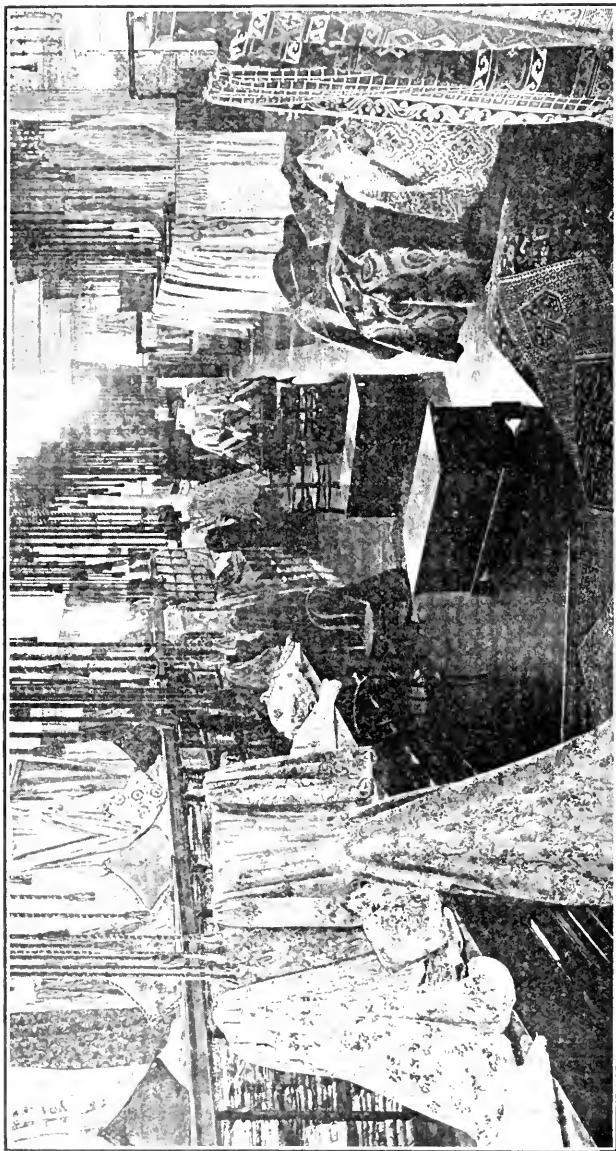


**BEAUTIFUL SILVERWARE**  
Bought at O'Neill's  
Meets All Requirements.

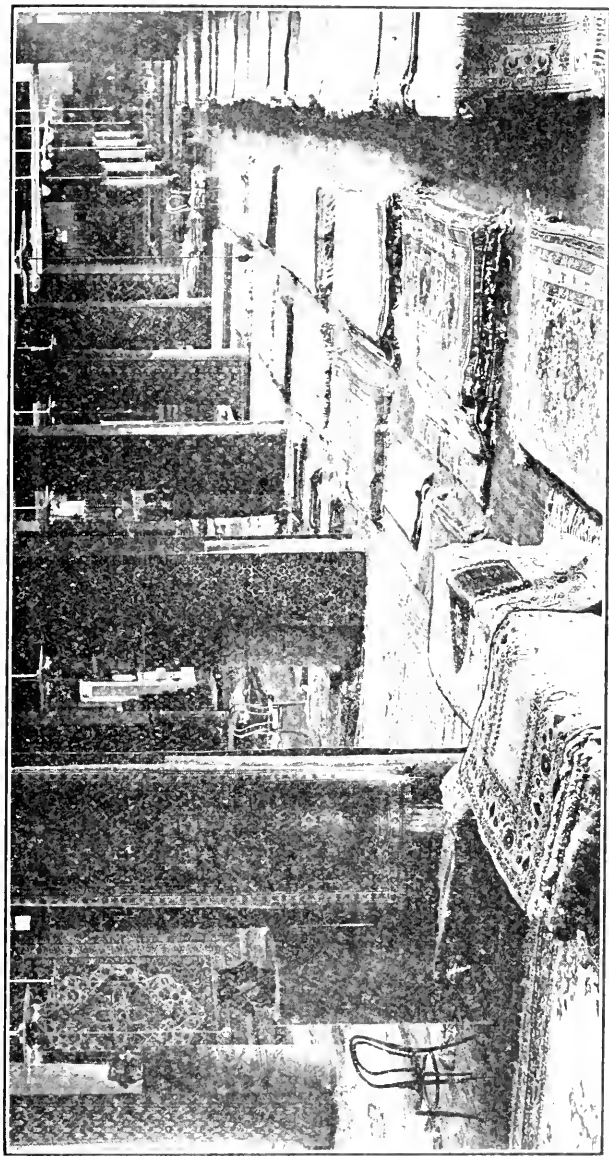




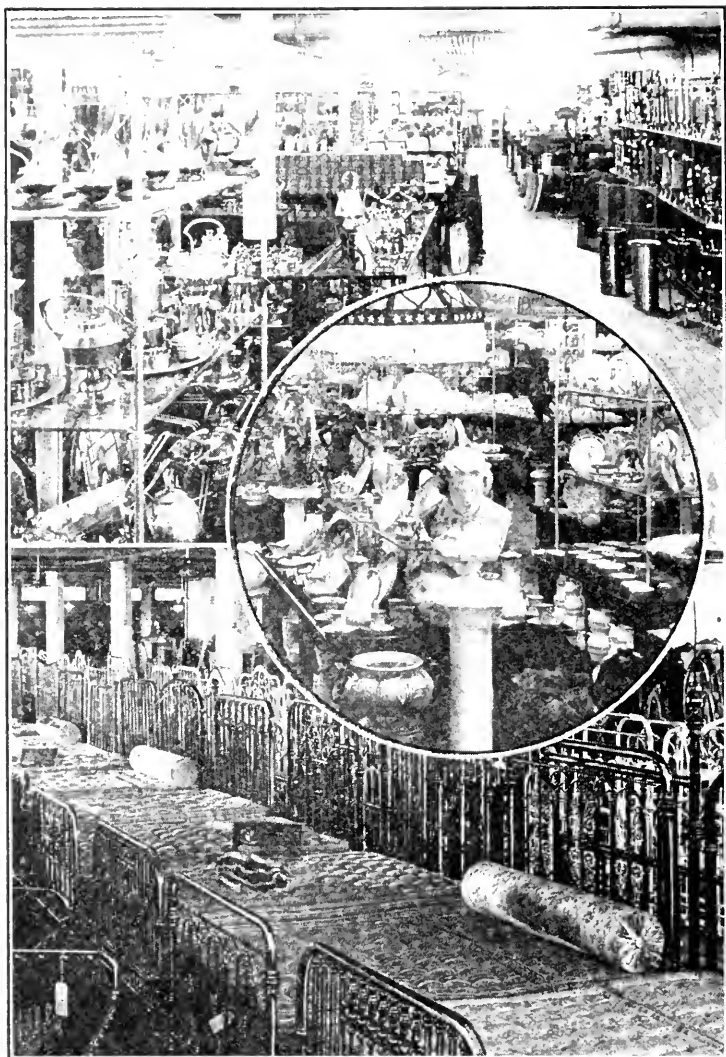
ELECTRIC, GAS AND OIL LAMPS IN ALL THE NEWEST DESIGNS  
From a Beautiful Display at O'Neill's.



EVERYTHING ONE DESIRES IN UPHOLSTERY IS AT O'NEILL'S



DOMESTIC AND IMPORTED RUGS BOUGHT AT O'NEILL'S  
Are Always Purchased at a Saving



THE O'NEILL HOUSE FURNISHINGS INCLUDE NO "SECONDS"

Decorative Pieces In Abundance at O'Neill's.

Reliable Beds and Bedding of the O'Neill Standard.

## THE INCOME OF THE FAMILY, AND WAYS TO APPLY IT

THE disbursement of the family income is of as much importance and requires as much care and training as the accumulation of that income, and until the woman is trained for her work as the man is for his the management of the home will never take its rightful place as a profession. It is just as much a business proposition as any other work, and must be planned for with a similar system to that which a merchant would use in the conduct of his business.

Regular accounts must be kept of all expenditures, so that in the event of the allowance being exceeded, a careful scrutiny of these accounts will show at once where the fault lay, and the matter can thus be remedied with much greater ease than would be possible with haphazard methods.

Much has been said and written regarding the approximate allowance which should be made for various household and other expenses, and while no one can lay down hard and fast rules for the governing of another's home, and while some of these expenses must of necessity vary according to the location of the home, the size of the family and the individual requirements of the different members of the household, there are certain items which, under normal conditions, should always bear a definitely fixed ratio to the entire income.

Take, for example, the home of the average man, with a wife and two children whom he wishes to surround with comfort and refinement. We will suppose his income to be \$1,500 a year, or about \$30 a week. If the wife is a capable manager, she will be able to apportion this sum in such a manner as to cover all necessary expenses, give a reasonable number of luxuries, and still lay aside a nest egg for the proverbial rainy day, which is bound to come sooner or later.

Naturally, the first item to be considered is that of rent, which should never exceed one-fifth of the entire income; so that in this particular case \$300 should be set aside to cover this. In some locations this amount will more than cover the actual cost of the rent, but this is likely to be at some distance from the husband's place of business, and the cost of his commutation to and from the city should be added to the actual amount paid out for house rent. Where his home is within easy reach of office or store the cost of transportation is not likely to exceed the regular five-cent carfare, which, in such case, will be included in his personal expense allowance and need not be considered in connection with the foregoing item.

Fuel and light may be classed together, and will probably be found to average, in such a home as the one under consideration, about \$75 per year. Where gas is used for fuel as well as lighting, constant watchfulness will be necessary to keep expenses down in this direction. It has been well said that the gas which is wasted in cooking a meal frequently is greater than that legitimately used for that purpose. The same remark applies to lighting, for it stands to reason that bills can be greatly reduced if care be taken by every member of the family to turn down the light when leaving a room.

Food, of course, calls for the largest expenditure, and \$500, or one-third of the total income, should be allowed for this item. It is in connection with this expenditure, perhaps, that the housekeeper will find the greatest scope, not only for economy, but also for originality. The actual question of foods and cooking will be dealt with at greater length in future chapters, but it may be remarked in passing that, with capable management, the sum allowed will provide a varied and healthful dietary which need by no means be monotonous, if a little intelligent thought and study be given in advance to the planning of menus so as to utilize all supplies and serve foods in pleasing form, even though the ingredients composing them may not be the most costly in the market.

With an income of \$1,500, not more than \$200 can be allowed for clothing, and a good deal of economy must necessarily be practised if the family is to present a well-dressed appearance on this sum. It will be found necessary for the mother to do a good deal of her own needlework, and if she is capable of this she can economize greatly, both as regards her own and the children's clothing. Where garments must be bought ready made, the cost of dress is increased fully 50 per cent., and even then the material will not be found of nearly as good quality as where it is possible to purchase it by the yard and make it up at home. This latter statement applies more particularly to undergarments than to suits, dresses, etc. Again, where it is possible to have a reserve fund which can be drawn upon as occasion demands, considerable money may often be saved, as toward the end of the season goods are likely to be marked down to a greatly reduced figure in order that the dealer may not have to carry stock over from one season to another. Care must be used, however, in the selection of such goods both as regards quality and suitability to the purpose for which they are intended, for indiscriminate buying is neither economical nor sensible, and a bargain is only a bargain when the article purchased is reasonable in price and adapted both in quantity, quality, and general appearance to a well-defined and definitely understood purpose. It is of even more importance where the income is limited than where there is an abundance that the best things of their kind be chosen, even though they may

be fewer in number, for one suit of good material, well cut and well made, will give more lasting satisfaction and look better to the end than two cheap ones costing together the same as, or even more than, one good one. This applies equally to every member of the family.

## ECONOMY IN THE MANAGEMENT OF THE HOME

THE term "economy" is defined by Webster as "primarily, the management, regulation and government of a family or the concerns of a household; it implies a judicious use of money and the kind of management which spends to advantage and incurs no waste." Contrary to the general opinion, the term differs greatly from parsimony, with which it is too often confounded, and which implies "an improper saving of expense."

Where a housekeeper either does her own work or is in position to give constant personal supervision to those who do it for her, it is a comparatively simple matter to practice economy both in the use of food supplies and household appliances and in the economy of labor as applied to household duties. Here, as in all work, mental or manual training counts. The untrained worker has never learned to "make her head save her heels." She will go upstairs for something which is needed, empty-handed, utterly oblivious of the fact that there is perhaps a basket of clean linen waiting to be taken up and that the one journey could have been made to serve the double purpose.

There are so many labor-saving devices and appliances for household use that were they thoroughly understood and applied, housework would surely lose its terrors and cease to be the bugbear which it is so often considered. Take, for example, the furnishings of a kitchen to-day and compare them with those of twenty-five years ago. In place of the old-fashioned stove with its ashes and dirt and the long wait after kindling before the cooking could begin, we now have the gas range, where the touch of a match gives an intense flame ready for instant use, and this flame can be instantly extinguished as soon as its work is done.

The old-time method of bread making was one requiring a considerable expenditure of time and strength on the part of the cook who can now acquire precisely the same results with a few minutes' labor, if she uses a modern bread mixer. Added to the advantage of the saving of time and strength by the use of this convenient accessory, there is the additional improvement of not having to touch the dough by hand during the mixing and kneading process, a fact which should appeal to every thoughtful person. Equally useful, though perhaps not as well known, is a cake mixer which mechan-

ically produces light, tender, fine-grained cake, and which can also be used for preparing pop-overs or batter of any kind.

Perhaps the most useful of all the labor-saving appliances, particularly from the viewpoint of economy of material, is the meat chopper—though why it should be defined as a "meat" chopper when it is equally useful for vegetables, fruits, grinding breadcrumbs, or making nut butter, it is hard to say. With its help so many left-overs can be utilized to advantage that it saves its cost in a very limited time.

Steam cookers, fireless cookers, and small portable ovens all have their place in the economic furnishing of an up-to-date kitchen, and she is a wise housekeeper who will stint a little, if necessary, on some of the luxuries of the table to provide herself with an equipment which will save time, money, and strength in the running of her home. By supplying herself with these accessories she will so lighten her own labors as to be better fitted for those that remain, to say nothing of the fact of conserving her nervous energy and being in consequence calm and good-tempered at the end of the day and more able to enjoy the companionship of husband and children at the evening meal.

Mention has been made of the portable oven. This will be found of decided advantage, especially in a small family where gas is the fuel used for cooking. The over burners of the average gas range burn nearly four times as much gas as those on top; therefore, where only a small amount of baking is to be done, considerable gas is consumed. The portable oven (which is made in different sizes) can be placed over one of the top burners, and does just as good work as the large oven at a great deal less expense. If, however, it is necessary to use the large oven, the expense can be reduced by planning to do as much baking as possible at one time, for the same gas needed to bake a pie will also bake a cake or a pudding for the next day. Then, too, it does not seem to occur to the average cook that, while she is using the oven to bake or roast a part of the dinner, she can save fuel by having baked potatoes instead of boiling them, and her forethought may even carry her far enough to bake an extra supply which can be used another time for creaming or frying, and will be found much better and drier for either purpose than would be the case if freshly boiled ones were used.

There is no better way of economizing on fuel than by the use of the fireless cooker, and not on fuel alone, for the long exposure to a moderate temperature, as is the case in this branch of cookery, renders possible the use of cheaper grades of meat, while it gives to the finished food a flavor which can never be attained by the shorter cooking at a higher temperature practiced by those who are not so fortunate as to possess one of these useful cookers. An old fowl,



cooked twenty minutes over the fire, and then placed in the cooker and left there for six or eight hours, will be more tender and of infinitely better food value than the average young chicken, while corned beef or ham will, by this treatment, prove equally satisfactory.

## A GOOD HOUSEKEEPER'S REGIMEN

A HOME is not well ordered unless there is a definite system for the care of every part of it. The old-fashioned plan of cleaning house at stated intervals is no longer accepted. It must be borne in mind, however, that there is such a thing as too great strenuousness in keeping the house in immaculate order, for it is quite possible to carry this so far as to make the whole atmosphere uncomfortable. It is infinitely better to foster and promote the "home feeling" even at the expense of a little "clean disorder."

Housekeeping and home making, if not synonymous terms, are at least complementary to each other, for housekeeping—even under the most favorable circumstances—is beset by many drawbacks and discouragements which, were it not for the satisfaction of homemaking, would seem unendurable. It is essentially the woman's work, for, as has been said, "the making of a true home is our peculiar and inalienable right, a right which no man can take from us, for a man can no more make a home than a drone can make a hive."

The best housekeeper is the one who has a personal, practical knowledge of the routine work of the house, even if it is unnecessary for her to do it herself, and while it is essential to have an organized plan that the week's duties may be performed in their proper order and without clashing one with another, it is well to be a little blind now and then to those things which will occasionally go wrong despite the most careful planning. It is a mistaken idea to allow work to become so important that it makes one positively unhappy if not carried out exactly according to schedule.

While Monday has from time immemorial been looked upon as washing day, it would appear that the week's work would go more smoothly if Monday were taken as a general "cleaning-up" day, for the very fact that the family has been at home more than usual on Sunday must mean that there are many little things out of place which necessitates a longer time than usual for the every-day straightening out of the various rooms. Then, too, if this method be followed, there is an opportunity to look over the soiled clothes, and in some instances make such repairs as may be necessary before these are put to soak ready for the next day's wash.

With the house in order, Tuesday is then left free for the washing in those houses where this is done at home, and only the

absolutely necessary superficial tidying and dusting need be done on this day. With a small family and good weather, some of the smaller things may possibly be ironed and got out of the way on Tuesday afternoon.

Wednesday morning can be devoted to cleaning at least one bedroom, after which the remainder of the ironing and the repairing of such garments as may need it will probably consume the remainder of the working day.

On Thursday the bathroom and remaining bedrooms will receive their weekly cleaning. If a carpet sweeper or vacuum is used whenever necessary, rooms should only require a thoroughly turning out once in two weeks, part being done thoroughly one week, while the others receive merely superficial attention, the order being reversed the succeeding week, or, if the rooms are few in number, extra time on this day can be devoted to cleaning silver, general tidying of cupboards, and such details as can best be fitted in with the time at the worker's disposal.

Friday, the parlor, hall, and stairs will demand attention, while on Saturday the dining-room and kitchen and the extra cooking and marketing in preparation for Sunday will be more than enough to occupy both mind and hands.

If the whole house is regularly and systematically gone over in this way, there will be little or no necessity for the old-fashioned spring and fall cleaning which caused so much confusion and discomfort in the old days.

The floors, woodwork, furniture, and other accessories of each room receive attention at the time that the room is cleaned. Differently finished floors require different treatment. In these days very few fitted carpets are to be seen, but the floors are either of hard wood, painted, varnished, or waxed, and more or less covered with rugs or matting.

Oiled or painted floors are easily cared for by wiping them with a damp cloth, and, if either a little milk or kerosene be added to the water used for this purpose, the surface will look better and brighter than where nothing but plain water is used.

Waxed floors require a great deal of care, and while they may be wiped with a damp cloth, the wax finish must never be allowed to become really wet, as this makes it appear white and spotted. A very little wax should be applied to the floor occasionally and thoroughly rubbed in with a weighted brush, and where either oil or wax is used on floors the smallest possible quantity should be applied, and great care must be taken that the oil is not allowed to mar the surface of baseboards or other woodwork. A heavy strip of tin with the edges carefully turned back (or even of cardboard) can be held

against such woodwork while the oil is being applied. This will prevent the rubbing of the cloth against the side walls.

Rugs, if small, can be frequently taken up and either hung over a line and beaten with a light rattan, or placed face downward on a grass plot, if one is accessible, lightly beaten, and well swept. The same treatment will apply to matting rugs.

Small pieces of paper, dampened, then squeezed almost dry and sprinkled over carpets before sweeping, help to prevent dust from rising. The old-time methods of using tea leaves or corn meal for this purpose have some disadvantages, for with the former, because if not thoroughly rinsed, there is a possibility of their discoloring light-colored carpets, while the later, if not thoroughly swept up, tends to attract insects.

Where expense is not a great consideration in keeping a house in order, a vacuum cleaner, either worked by hand or by electricity, is the most thorough, most sanitary, and in every way most desirable method of cleaning, for by means of the various attachments not only can carpets and floors be cleaned, but draperies, upholstered furniture, mattresses, walls, and even picture mouldings and cornices yield up every particle of dirt to the strong pressure brought to bear on them by these machines.

Where, however, the vacuum cleaner is not a part of the household equipment, all this work must be done by careful and patient brushing and dusting. In the case of walls and mouldings the accumulation of dust can be removed by means of a broom covered with a soft cloth or with canton flannel, but be sure to change the cloth frequently or you will do more harm than good. Pointed brushes are now made which will find their way into the corners and recesses of carved mouldings as well as into the tufts of mattresses and upholstered furniture, and nearly all details of cleaning may much be simplified if the new dustless mops and dusters are used.

It is an excellent plan to protect mattresses by a closely fitting cover of unbleached muslin, which can be removed and washed at frequent intervals, and which, in addition to keeping the mattress clean, also prevents it from spreading. These covers may either be sewed on or fastened by means of tapes or buttons.

For cleaning furniture a good home-made polish can be produced by taking equal quantities of turpentine, linseed oil, and vinegar. These must be well shaken together before being used, a very little of the mixture applied, and the furniture then vigorously rubbed with a soft cloth.

To clean white paint wash with lukewarm water containing a very little household ammonia; wipe very dry after washing.

The windows of a room should always be cleaned at the same

time with the room itself. A brilliant polish can be given to these as well as to the glass of mirrors by moistening a little whiting with cold water, rubbing it over the glass, allowing it to dry, then polishing with a chamois or soft cloth.

For picture glasses wash carefully with damp newspaper, then dry either with soft paper or a linen cloth. Fly specks on gilt frames or chandeliers can be removed by wiping with a cloth dipped in water in which an onion has been boiled.

Of preparations for polishing silver there is apparently no end, but one of the most satisfactory, as well as least expensive, is made by moistening whiting with alcohol, running this on the silver, allowing it to dry, and then polishing with a soft cloth or leather, using a brush for any raised parts.

For the cleaning of kitchen utensils, enamelled and graniteware there are many excellent preparations, mineral soaps, and powders. Care should be taken to avoid any gritty-feeling preparations, as they remove the enamelled surface together with the stain.

These same preparations can also be used for the cleaning of bathtubs, porcelain washstands, and bedroom utensils.

Linoleum and oilcloth require occasional washing with milk and water. Care should be taken to wipe the surface as dry as possible after washing. The life of both these floor coverings will be considerably lengthened if they are given a coat of varnish every six months.

## THE CLOTHING AND ITS CARE

THE art of appearing well dressed depends as much or more on the care and attention given to one's clothes as on the actual money spent on them in the first place. With a few dresses, properly cared for, a better appearance can be made than with twice the number which are allowed to become creased and soiled from lack of attention. All outdoor garments should be brushed and shaken when taken off, to remove the dust of the street, then well aired before being put away.

All waists should be turned inside out and placed in a current of air after being worn, and dress shields changed constantly, sponged with alcohol and water and placed in the open air instead of being left attached to the waist as is too often done. If a braid becomes loosened or a few stitches are needed, repair the damage as soon as discovered, for the old proverb, "a stitch in time," is as true to-day as the first time it was uttered. All women, but especially those who must practise economy, should have a regular time for inspecting their wardrobe and cleaning, pressing, and repairing such garments as need it. This applies just as much to thin summer dresses as to

the heavier woollen gowns, for it frequently happens that a light gown which is rumpled and soft from wear can be so freshened as to look almost as good as new if dampened with a little starch-water and then pressed with a cool iron.

A liberal allowance of hangers will do much toward preserving both shape and appearance of coats, waists, and skirts, for these cannot be expected to look well if hung carelessly and without due attention to their appearance. Excellent rods, from which coat hangers can depend, are now on sale, and six garments can be stored where, without a rod, only one could find room. As the cost is only twelve cents, there seems no good reason for being without so convenient an accessory to one's wardrobe. For skirts an equally satisfactory hanger is made, which, like the first one, is screwed to the under side of a shelf. This skirt hanger will hold six skirts, and has two hooks for each one, so that the band may hang evenly.

Where thin skirts with ruffles are worn, these should be provided with loops near the bottom, and the skirts should be hung upside down so as to avoid the ruffles flattening.

When packing clothing away at the end of the season, care should always be taken that it is free from dust and spots or stains. Cotton garments should be washed or otherwise cleansed, but not starched, while those of wool must be well brushed, sponged—when this is required—and after being hung in the sun for some hours, carefully packed either in tar-paper bags or wrapped in newspapers, then placed in a box with all openings pasted up with strips of paper to keep out the moths. It is essential that all moth eggs be killed before the garments are packed, or these will mature and destroy the clothing.

Where a cedar box can be afforded it will prove a good investment as a storage receptacle for woollen garments or furs, but these boxes are distinctly a luxury. A little oil of cedar can be sprinkled among the garments as they are packed away, but this is less effective than the cedar chest or cedar-lined box.

Furs should be exposed to the sun for some hours, then gone over inch by inch in the search for moths, brushed the wrong way of the fur with a fairly stiff brush, then packed as described. Where one is the possessor of expensive furs it is better to have these stored by a furrier or one of the large department stores during the summer, as these dealers have facilities unattainable by the housekeeper, and the storage charge is far outbalanced by the feeling that one's furs are in safe hands and need occasion no worryment.

Laces, ribbons, and the smaller accessories of dress require just as much care in their way as do the larger garments. The ribbons must be rolled or folded—the former is the better method as creases are avoided—as soon as they are taken off, while the laces must be

pressed and smoothed into shape and laundered as soon as soiled. If left unwashed for any length of time after they become soiled they soon get yellow, and are difficult to restore to their original freshness.

Very delicate laces can be cleaned by placing them between folds of paper, sprinkling thickly with French chalk, and allowing them to remain for a time, then, if necessary, repeating the process. Ribbons, if of good quality, can often be washed in lukewarm soapy water, well rinsed, and pressed with a cool iron, having a thin cloth between the iron and the ribbon. They can also be washed in naphtha or gasoline, but in this case care must be taken to do the work in the open air, or at least in a room without fire or artificial light, as these liquids are both highly inflammable.

Chloroform is an excellent medium for removing grease, paint and other stains from fabrics, but where such stains are to be removed, it is always well to begin by applying the solvent a little distance away from the stain and gradually working toward it, as by doing so there is less likelihood of a ring being left around the place from which the stain was removed.

When making preparations for the washing day, commence by separating the laundry into piles. The following is a good division to make: 1, table linen; 2, bed linen and towels; 3, shirt waists and other starched clothes; 4, handkerchiefs; 5, woven undergarments; 6, woolens; 7, stockings; 8, colored things and very much soiled kitchen towels, oven cloths, etc. The badly soiled things should be put to soak over night in cold water with a little ammonia, and may, if convenient, have a little soap rubbed on to them. It is well to commence the laundry work with the flannels, that these may be hung out to dry and finished off as quickly as possible, while it is always best to wash and rinse flannels in lukewarm water. It is of even more importance that the several waters used for washing and rinsing be of about the same temperature.

The cleanest of the white clothes should be washed next. Wash and rub all soiled parts; rinse, then boil fifteen or twenty minutes, remembering that the boiling is to whiten the clothes. They should be clean before being put into the boiler. Rinse very thoroughly, as any soap left in the clothes will affect the blueing, because the alkali in the soap decomposes the coloring matter and causes it to form rust spots. Blue, starch if necessary, and hang out to dry, remembering that colored things should be dried in the shade, wrong side out to avoid fading. In hanging let two or three inches of the fabric hang over the line to prevent tearing.

Clotheslines should always be taken in between washing days, as they will last much longer than if exposed to the weather. Handkerchiefs should be soaked in cold water to which half a cup of salt

has been added, as this eliminates the most unpleasant feature of washing them.

Woolens and stockings should never have soap rubbed on them, but soap jelly should be dissolved in the water in which they are washed. To make this, add half a pound of thinly shaved soap to a quart of boiling water, boil until the soap is dissolved and use as much as is necessary to make good "suds." This same jelly is used in washing blankets or fire-colored things. In the case of flannels and blankets add 2 tablespoon of ammonia to each gallon of water. This absorbs grease and helps to prevent shrinking.

Borax is one of the most useful helps in laundry work. It is safer to use than washing soda because its action is gentler.

Javelle water is made by boiling together one pound of washing soda and a quart of boiling water, then dissolving half a pound of chloride of lime in two quarts of cold water, and straining and blending the two mixtures. It is useful both for bleaching cotton goods and for removing stains from white goods. Soak the fabrics in equal quantities of Javelle water and hot water until the stains disappear, then rinse thoroughly, having a little ammonia in the last rinsing water. As this mixture takes out all colors it must not be used on any colored goods.

It is a wise precaution to rinse curtains, hangings, and children's garments in alum water (one ounce of alum to two quarts of water), as this renders them practically non-inflammable. Avoid highly concentrated washing powders and solutions, as these are almost invariably composed chiefly of soda or other strong bleaches which are liable not only to destroy the color, but even the fabric itself. It is on account of such chemical compounds being used that clothing sent to public laundries wears out so much more quickly than if done at home.

There are excellent labor-saving laundry appliances in the form of washing machines, which eliminate practically all the hard work of washing day. Care should be taken in purchasing such a machine to select one so arranged that the suction of the water draws out the dirt rather than a model in which the clothes are beaten and moved about by paddles which are likely to tear them.

Gas and electric irons add much to the comfort of the laundries, and if properly used are an economy, as the iron, once hot, is retained at the same temperature until the work is completed.

It is always an economy to provide such helps as sleeve boards, shirt and skirt boards, etc., as even under the best conditions laundry work is the hardest branch of housework. Provide also, if possible, either a high stool that the ironer may sit while doing the smaller pieces, or, failing this, at least see that there is a heavy mat on which she can stand while at the ironing board.

It is only a step from the laundry to the sewing room, for before the clean linen is put away it must be gone over and any necessary repairs made. The furnishing for this room should be just as carefully planned as any part of the house. A large table for cutting out is a necessity, and one edge of it should be plainly marked off with a yard measure. Chalk, skirt gauge, and such accessories should be found here, while scissors of varying sizes, kept thoroughly sharp, should also be at hand. Of course, a sewing-machine, with attachments, should be part of the equipment, and, if possible, try to supply a small chiffonier in the drawers of which patterns can be kept and unfinished work put away between times. If a room cannot be definitely set aside for a sewing room, a very fair substitute will be found in a sewing screen, which can be made of a small clothes drier covered with cretonne and fitted on the inside with bags of the same for patterns and small pieces of work, and with an abundance of hooks to hang scissors, tape measure, workbag, etc. This can be folded together when not in use. It takes up little space, and has the added advantage of being portable, so that it can be easily carried to any part of the house where it may be needed.

## THE SELECTION OF PURE AND WHOLESOME FOODS

**I**T IS a difficult matter to lay down hard and fast rules regarding the purchase of household supplies, for varying conditions of living demand different methods. The woman with a large house and ample storage room will do wisely to purchase many of her supplies of staple foods and what are known as "dry groceries" in quantity, for by so doing she can secure better prices. On the other hand, the woman living in an apartment where space is at a premium, and who has no large cellar or pantry in which to keep her reserve stock, will do better to buy only in such quantities as will suit her needs, letting her dealer take all risk of deterioration. Where space will allow it, it is well to lay in a large supply of canned foods—fruits, meats and vegetables—provided one is assured that these are of the present season's packing. It not infrequently happens that, at the beginning of the fall, dealers will materially reduce the prices of such products in order to have their shelves clear and make space for the new stock. It does not necessarily follow that the stale goods are poor in quality, but it would seem wiser to secure such as are fresh and new.

In the purchase of canned foods be careful about two things,—first, that the cans do not bulge at all; and, second, that there is not more than one soldered place on the can. The former denotes



the presence of gas and means that the contents of the can are unfit for food, while the latter is just as bad, and proves that there has been a tendency toward the generation of gas and that the can has been punctured to let this out, then subjected to a second process of sterilization and the second opening afterward reclosed.

When a certain brand has been proved good it is an excellent plan to make a note of that brand that it may be ordered again, for either brand or trade mark is a valuable asset to the manufacturer and a guarantee of quality to the consumer, who knows that she may expect to find the same degree of excellence which prompted her to decide to adhere to that particular make.

With a moderate supply of canned provisions in the storeroom the housekeeper need never feel utterly at a loss for something to serve when an emergency arises, especially if she keeps a little note-book, or book of recipes, containing suggestions for the quick and appetizing service of such foods. Then, too, if one's storage facilities admit of it, such staple articles as flour and cereals (including rice and macaroni) can be laid in during the fall in such quantities as are likely to be consumed during the winter and early spring, but it is false economy for the housekeeper to carry a stock of these through the warm weather, as they are apt to spoil. Dried vegetables, such as beans and peas, may also be purchased in fair-sized quantities, while it is a well-known fact that soap will last much longer if bought by the box, unwrapped and allowed to dry before using. Coffee, tea, dried fruits, etc., are better bought as needed, as they deteriorate unless stored under perfect conditions.

The housekeeper who pays cash for her supplies has one great advantage over her sister who runs a credit account, for she can go where she chooses to make her purchases, and it not infrequently happens that considerable saving is possible in this way. Let her be careful, however, not to be tempted by the saving of a few cents at the expense of quality, for in such case she will lose far more than she gains; then, too, it sometimes happens that the less cost means short weight, and in such event also she will be the loser. Dealers soon learn on whom they can impose and with which of their customers it is to their advantage to deal fairly, and when a woman justly earns a reputation for knowing values she will seldom be imposed upon.

One great advantage of purchasing at large stores is that the goods sell so much more rapidly, stocks are more frequently renewed, so that the housekeeper is likely to get newer and fresher provisions. Those living in the suburbs will find a distinct saving in laying in a weekly or monthly stock from one of the large markets or department stores, thus leaving only the perishable articles for the day-to-day shopping. The department stores and large

grocery houses issue monthly price lists which will be mailed to any housekeeper on application. She can then make out her list of requirements, mail it to the store, and receive her supplies the next day without even the trouble of going into the city for them. Even those living at a considerable distance can take advantage of this method, as express charges are paid on orders of reasonable value. Marketing by telephone is responsible for a great deal of wasted money, for, in the first place, particularly as applied to the purchase of meat, the dealer is apt to send from a quarter pound to a pound more than is ordered or required, and, secondly, even if the item ordered is scarce on that particular day, and, therefore, higher in price than when the supply is plentiful, he will send it, whereas, had the marketing been done in person, this fact would be noticed and some other equally satisfactory but more plentiful, and consequently less high-priced, joint substituted.

There are, of course, exceptions to this rule, where the dealer will present the facts of the case and, perhaps, even suggest a possible substitution, but these instances are extremely rare.

Another reason for excessive marketing bills is lack of forethought in planning. A broad rule, but nevertheless a true one, is that, in catering for a family, one must be prepared for a lavish expenditure either of money or time, for it is an almost invariable rule, especially with meats, that only the tenderest, and consequently highest priced, portions can be cooked quickly, while the cheaper, but equally if not more nutritious parts, must receive long, slow cooking.

## FOOD VALUES

**I**N SELECTING foods for a family it is not sufficient that materials should be used that will appease the appetite. It is possible for a person to literally starve to death without ever being hungry, and this may occur, to a greater or less degree, if the food elements consumed are not of a kind to keep one properly alive. To meet their proper purpose foods must not only taste good, but they must do us good.

As generally arranged, foods are placed in three classes:

(1) The foods that help to make fat and that enable us to maintain the heat of the body are the fats of meats, the starch in grain and cereals, butter, cream, sugar, and the root vegetables like potatoes and most other tubers.

(2) The foods that renew tissue and build up the muscles, bones, and nerves are the lean meats, eggs, cheese, milk, grain and cereals, because of the gluten they contain, and dried vegetables, like beans, peas, and lentils.

(3) The foods that help the blood to maintain its purity are the fresh fruits and vegetables.

The amount of food required depends largely upon the occupation of the person who is to be fed. A person of sedentary habits does not need more than four or five ounces of meat per day. This is about as much as an ordinary helping of steak, a slice of roast, or a chop. In addition, he should eat one or two eggs, milk, and cheese in some form, and a small amount of sugar. If desired, the milk, eggs, and sugar may be served in the form of pudding or cake, or otherwise cooked. Cheese is also good when cooked. Beyond this the foods necessary to satisfy the appetite, or to maintain health, should be found in the vegetables and fruits that help to constitute the day's fare.

As the food value of soup is slight, except when it is made with cream or milk, or is composed of vegetables, its action is that of a stimulant in preparing the stomach for the more important foods to follow. If the meal is a substantial one, serve a light or clear soup; if not quite so substantial, a cream soup may be substituted, but a thick, hearty soup should be served only as a preliminary course to an otherwise light repast.

A well-balanced dinner should consist of one kind of meat, one starchy vegetable, one fresh vegetable (a succulent one, if obtainable), a salad, dessert, and coffee. If the meat and vegetable dishes have been of a heavy character, the salad should be as simple as possible, and dessert may be limited to fruit, with crackers and cheese. It is only with less heavy repasts that hearty puddings and rich desserts should be served.

The starchy foods that may be served as a first vegetable are potatoes, rice, hominy, and the various kinds of macaroni. The blood-making vegetable are peas, beans, asparagus, cabbage, cauliflower, carrots, etc.

Knowing these classifications, and the amount of foods necessary, the arrangement of the daily menu becomes merely a matter of good judgment and a little practice. Thus common sense would indicate the absurdity of serving a fat meat like roast pork with lima beans, or scalloped oysters with cabbage, whereas a dinner of lamb cutlets with creamed potato, green peas, tomato salad, and a simple fruit dessert, like baked apples or stewed apricots, would meet all the demands of the body equitably. Often taste is a safe criterion to follow, for the foods that possess the best food elements harmonize most perfectly in flavor, but this rule does not always prove true.

The question of what should be eaten at breakfast has been argued by food specialists for years, and will probably never be answered to the satisfaction of all, so the matter may be left largely

to individual judgment. While many are able to go along nicely with nothing more than rolls and coffee for breakfast, there are others who would be unable to begin the day's work with anything less than a substantial meal.

The character of the luncheon or supper depends largely upon the quality of the preceding meal. Thus, if a hearty meat breakfast has been eaten, luncheon should be very light—simply designed to appease the appetite, leaving the duty of providing food elements to the dinner, the substantial meal of the day.

When we eat meat and various kinds of vegetables at breakfast, luncheon, and dinner, we consume more meat than the body can properly care for. The surplus thus formed quickly throws the entire system out of order. This is the cause of much of the disease from which people suffer.

If breakfast has been very light, the luncheon should be more substantial, consisting of a tissue-building food and a heat-maintaining food. Stews, eggs in various forms, and especially with cheese, beans cooked with pork, some style of macaroni—all these and many more dishes that can readily be recognized will help to make up an ideal luncheon or supper menu.

## COOKING FOR SMALL FAMILIES

### BREADMAKING.

#### BREAD.

To make two loaves of bread, or one loaf of bread and a pan of biscuits, dissolve 1 cake of compressed yeast in  $1\frac{1}{2}$  teacups of tepid water. Sift 2 quarts of flour into a deep mixing bowl; make a hole in the centre of the flour and put the dissolved yeast into it; mix with the flour thoroughly. To 1 pint of milk add  $\frac{1}{2}$  teacup of water, 1 level teaspoon of salt, 1 level tablespoon of sugar, and a piece of butter the size of a hickory nut. Heat until lukewarm and both sugar and salt have dissolved; then stir the mixture into the flour and knead steadily for about twenty minutes. If the latter seems too soft add a little more sifted flour and mix until smooth. Cover the bowl and set it in a warm place until it has doubled in bulk, which will take about 4 hours in the daytime, if the house is warm, or about 8 hours at night; then mould into the form of a loaf, biscuits, or rolls, with the hand, first kneading the dough slightly on a floured board. Put in buttered pans; let them stand near the stove from 20 to 30 minutes longer to rise again; bake in a moderate oven. Remove from the pans as soon as done.

If a bread mixer is used—as it should be when possible—first put all the liquids into the mixer, including the dissolved sugar and salt; then add the sifted flour and turn the handle of the mixer about 12 minutes. Afterward, proceed as above.

#### BAKING POWDER BISCUITS.

Sift  $1\frac{1}{2}$  teacups of flour into a mixing bowl and work into it a piece of lard the size of a small egg. Add  $1\frac{1}{2}$  teaspoons of baking powder, 1 teaspoon of salt, and  $\frac{1}{2}$  tablespoonful of sugar; moisten with enough milk and water, in equal parts, to make a dough that will roll out easily to a thickness of three-quarters of an inch. Cut into rounds with a tin cutter—this can be done by using the top of a baking powder can—put in greased tins, and bake until the tops of the biscuits are golden brown.

#### QUICK MUFFINS.

Sift  $1\frac{1}{2}$  teacups of flour into a mixing bowl, add  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{2}$  tablespoon of sugar, 1 egg, and 1 heaping teaspoon of baking powder. Moistening with milk and water enough to make a batter—about  $1\frac{1}{2}$  teacups of milk and water, in equal parts—and bake, in muffin tins, in a moderate oven.

## RAISED MUFFINS.

One teacup and a half of sifted flour, 1 tablespoon of butter, melted,  $\frac{1}{2}$  compressed yeast cake, dissolved in  $\frac{1}{4}$  cup of tepid water. Mix the ingredients together, add 1 well-beaten egg,  $\frac{1}{2}$  teaspoon of salt, and enough warm milk to make a moderately thin batter. Cover the mixing bowl and place it where it will keep warm. After about eight hours, add 2 tablespoons of granulated sugar, stir it in well, pour the batter into buttered muffin tins, and bake in a moderate oven.

## WHOLE WHEAT MUFFINS.

One teacup and a half of sifted entire wheat flour, 2 tablespoons of butter, melted,  $\frac{1}{2}$  teaspoon of salt,  $1\frac{1}{2}$  teaspoons of baking powder, and  $\frac{1}{2}$  teacup of granulated sugar. Moisten with enough cold milk and water, in equal parts, to make a thick batter. Bake in a moderate oven.

## CORNMEAL MUFFINS.

One teacup of cornmeal,  $\frac{1}{2}$  teacup of sifted flour,  $\frac{1}{2}$  teaspoon salt, 1 egg, and 1 heaping teaspoon baking powder. Mix the ingredients thoroughly and add enough milk and water, in equal parts, to make a thick batter. Bake in a moderate oven.

## GRAHAM MUFFINS.

One teacup and a half of graham flour, 2 tablespoons of sugar or  $\frac{1}{4}$  teacup of molasses, 1 egg,  $\frac{1}{2}$  teaspoon of salt, and 1 heaping teaspoon of baking powder. Moisten with enough milk and water, in equal parts, to make a stiff batter. Bake in moderate oven.

## POP-OVERS.

Two well-beaten eggs, 2 teacups of milk,  $1\frac{1}{2}$  teacups of sifted flour, and  $\frac{1}{2}$  teaspoon of salt. Stir the ingredients together and beat the mixture until practically all the lumps have been removed. Fill deep pop-over tins that have been well buttered until they are a little more than half filled, then bake for 25 or 30 minutes in a quick oven and do not open the oven door until after the pop-overs have baked for fully 20 minutes.

## BELVIDERE PUFFS.

One pint of sifted flour,  $\frac{1}{2}$  teacup of butter, melted, 2 eggs well beaten, and  $\frac{1}{2}$  cake of yeast dissolved in warm water. Mix the ingredients and make into a stiff batter, moistening as necessary with sweet milk. Let the batter set all night in a warm place. The next morning add  $\frac{1}{2}$  teacup of finely sifted cornmeal, beat the dough well, put it in buttered cups or muffin tins, and let it rise again before baking in a moderate oven.

## STEAMED BROWN BREAD.

One teacup graham flour,  $\frac{1}{2}$  teacup of cornmeal,  $\frac{1}{2}$  teaspoon of salt, and 1 heaping teaspoon of baking powder. Sift the dry ingredients together and add  $\frac{1}{2}$  teacup of molasses and 1 teacup of milk. Mix thoroughly and pour into a well-greased tin with a tightly-fitting cover, being careful to see that the batter does not more than two-thirds fill the tin. Steam three hours. If a dry crust is desired, the bread may be placed in the oven for a few minutes after it has been steamed.

## PANCAKES.

Sift  $1\frac{1}{2}$  teacups of flour with  $\frac{1}{2}$  teaspoon of salt. Beat one egg thoroughly, add  $\frac{1}{2}$  teacups of cold milk, and stir into the flour. If the batter is not thin enough to run easily, add as much milk as may be necessary, and at the last moment add 1 heaping teaspoon of baking powder. Mix thoroughly to remove all lumps and fry on a hot, greased griddle, using 1 kitchen-spoonful of the batter for each cake.

Another excellent way to serve pancakes is to fry each cake the full size of the griddle, which will require about four spoonfuls of the batter. When fried on both sides, butter each cake immediately, spread it with granulated sugar, dust it with cinnamon, and roll it up, serving one cake to each person. The quantities given will make four cakes.

## QUICK WAFFLES.

Sift together 1 teacup of flour,  $\frac{1}{2}$  teaspoon of salt, and  $1\frac{1}{2}$  teaspoons of baking powder. Add the beaten yolks of 2 eggs and 1 pint of sweet milk and beat until smooth, then stir in 2 tablespoons of melted butter and the stiffly-whipped whites of the 2 eggs. Bake in well greased waffle irons.

## SOUPS

## CLEAR SOUP

To make one quart of clear soup, take a two-pound shin of beef, meat and bone together; cut the meat into pieces the size of a walnut, and break the bones into three or four-inch lengths, being careful to remove all the marrow, for if this is not done the soup will not clear. Put the meat and bones in three pints of cold water, to which one teaspoon of salt has been added. Let them stand for three quarters of an hour, to extract the juices; then bring slowly to a boil. When the scum begins to rise, add one or two tablespoons of cold water, as this helps to clear the soup. Boil for five minutes, removing the scum; then set aside and add one medium-sized onion, one medium-sized carrot, and one small turnip, each cut in half, two or three slices of parsnip, one-half stick of celery, one dozen peppercorns, two cloves, and a bunch of kitchen herbs (parsley, thyme, and bayleaf. If the parsnip is not obtainable, it may be omitted without seriously detracting from the flavor of the soup. If the fresh celery cannot be secured, use celery salt, or one-half teaspoon of celery seed tied in a piece of muslin). When the vegetables have been added, place the cover on the soup pot, and let the contents simmer gently for five hours, then strain through a hair sieve and cool, that the grease may be removed easily. To clear the soup for serving, mince one-half pound of lean beef very fine, and mix it with one-half pint of the soup, adding the well-whipped whites and the crushed shells of two eggs. Whip this with a wire whisk until it attains the consistency of porridge, then add the vegetables as well as the rest of the stock, and put in a clean saucepan to heat. Continue whisking until a light froth rises; then boil gently for five minutes, when the saucepan should be drawn aside to simmer for one and one-half hours. Strain through a linen cloth, and season to taste.

**Consommé.**—Soup made in this way and served clear, is known as consommé.

**Julienne.**—When carrot and turnip are cut into narrow inch-long strips and are served in the soup, it is called julienne.

**Brunoise.**—When the carrot and turnip are cut into one-half-inch cubes, the soup is called brunoise.

**Vegetable Soup.**—To make a vegetable soup, cut vegetables in fancy shape by using the cutters that may be obtained at the hardware store; cook them separately until almost tender, rinse them several times in warm water, and add them to the clear soup. If this is not done, the vegetables will "cloud" the soup.

**Macaroni Soup.**—Macaroni in its various forms makes an attractive garnish for clear soup. To prepare it, previously cook the macaroni, and rinse it carefully before adding it to the soup.

**Consommé Royal.**—This is a clear soup in which a prepared custard takes the place of other garnishes. The custard, which is unsweetened, is made with two tablespoons of milk to each egg. The egg and milk are beaten together, and when seasoned and strained the cup containing them is placed in a saucepan of water, either over the fire or in the oven, until the custard has set. It is then cut in dice or fancy forms, and is placed in the soup just before it is served.

## OXTAIL SOUP.

Cut one oxtail into joints, one small carrot and one medium-sized onion into dice, and fry them in one tablespoon of lard. When brown, add one quart of cold water, and a stalk of celery, a sprig of parsley, and a bay leaf, tied together securely. Heat until boiling, but after three or four minutes, add a tablespoon of pearl barley, and move back where the mixture can simmer. Cook slowly for four hours; then, remove the bones and the flavoring herbs; thicken the soup with one-half tablespoon of flour that has been blended with one tablespoon of water, and season to taste. If a particularly rich soup is desired, a little sherry may be added with the other seasoning.

## MUTTON BROTH

Get two pounds of mutton from the neck, cut the meat into small pieces, add two quarts of cold water, bring slowly to the boiling point; add one teaspoon of salt, and simmer for one hour, skimming as often as may be necessary. At the end of this time, add one small turnip, one medium-sized onion, and one small carrot, cut into dice, add two tablespoons of pearl barley. Cook until the vegetables and barley are tender; season to taste. If desired, the broth may be garnished with chopped parsley just before serving.

## VEAL BROTH (FOR INVALIDS).

Put a pound of fillet or knuckle of veal to cook, on a moderate fire with three pints of water; add half a head of lettuce, one lock, one stalk of celery, four leaves of sorrel, four sprigs of chervil, and a teaspoon of salt. Skim as much scum as possible from the broth before it begins to boil; then boil gently for one hour, and strain before serving.

## BEEF TEA (FOR INVALIDS).

Cut one-half pound of round steak into very small pieces, the smaller the better, and let it stand in one-half pint of cold water for half an hour. Then put it in a Mason jar, cover, and place in a saucepan of cold water where it will heat slowly to about 140 degrees. Cook for two hours, strain, season with salt, and serve.

## CHICKEN SOUP.

Wash one chicken, cut it in pieces, removing all skin and fat. Put over the fire in two quarts of water and add half a pound of bacon, cut in slices; one large onion, finely chopped; and salt, pepper, and parsley as seasoning. When the chicken is tender, remove the joints and lay them aside for use in other ways. Strain the soup and serve, with or without rice or macaroni, either of which may be cooked in the soup just before it is served.

## FISH AND SHELLFISH

## TO SELECT FISH.

Four rules are to be observed in selecting fish for the table: (1) See that the eyes are bright; (2) see that the body is firm and plump; (3) see that the skin is smooth and unswinkled; (4) see that the colors are fresh and clear.

## TO PREPARE FISH.

**Boiling.** A small, compact fish, or a firm slice of a large one, is usually selected for boiling. For this purpose cod, halibut, haddock, sea bass, bonita, salmon, and mackerel are especially good. Wash the fish thoroughly; wrap it in a piece of cheesecloth, tying the ends securely, and placing it on the drainer of the fish kettle, or, if no regular fish cooker is used, on a plate in the bottom of the ordinary kettle, that the cloth may not stick to the metal.

See that the water is very hot, but not actually boiling. The only exceptions to this rule are salmon and mackerel. For the former, which is a very delicate fish, the water should be merely tepid; for the latter, in which the skin is very tough, the water should have just reached the boiling point.

Use just enough water to cover the fish, and let it simmer only, not boil, during the period of cooking, and add 1 ounce of salt and two tablespoons of vinegar to each quart of water. The time required to cook all fish except salmon is six minutes to the pound and six minutes over; salmon requires ten minutes to the pound.

For boiling, fish are never skinned, but, while the heads are left on, the eyes should be taken out.

If the fish is not an especially tasty variety, it should be cooked in a court bouillon. To prepare this: Place in the bottom of the kettle some sliced carrots, sliced onions, sprigs of parsley, a little thyme, bayleaf, one sliced lemon, and six or eight whole peppercorns. Put the fish on this; cover it with cold water and add three tablespoons of vinegar, or a wineglass of sour white wine. Cook slowly over a moderate fire until the liquor boils, by which time the fish will be done.

**Baking.** Large fish, like bluefish, weakfish, cod, sea bass, halibut, shad, salmon, trout, red snapper, Spanish mackerel, etc., are delicious when baked. To prepare the fish do not remove either head or tail.

Make a stuffing—Soak two or three good-sized slices of bread in cold water, and when soft, mash them smooth and add one tablespoonful of butter, one small, finely minced onion, one tablespoonful of minced parsley, one beaten egg, salt and pepper to taste, and, if necessary, moisten with a little milk. When the stuffing is firm enough to retain its shape, fill the fish with it, wrapping it round and round with tape so securely that the opening will remain closed. If any of the stuffing is left over, form it into small cakes and bake it in the pan with the fish. Arrange a few slices of salt pork over the top of the fish, dust it with breadcrumbs, season with salt and pepper, and place a little butter and water in the bottom of the pan to supply a liquid for basting. Bake in a hot oven, basting frequently, allowing ten to fifteen minutes to each pound for cooking.

**Broiling**—The more oily fish, like bluefish, salmon, mackerel, and herring are best for broiling. When other varieties are cooked in this way they require, after cooking, generous seasoning with melted butter and lemon juice.

For broiling, fish must be wiped dry and seasoned with salt and pepper before being placed between the wires of the broiler. The broiler must be well greased or the fish will stick badly. Broil the flesh side first, then the skin side, turning several times during the process of cooking. If large, the fish should be split open and the head and tail removed. To broil small fish nicely, the fire must be clear and hot. When the fish is large a more moderate fire should be used.

**Frying**—Any fish that can be broiled may be fried, and for some of the smaller fish frying is the best method of cooking. Pan fish, porgies, black bass, butterfish, flounders, etc., are best suited to this treatment, although large fish, when cut in slices, fry nicely.

There are two methods of frying: (1) When slices of a large fish are used, coat them lightly with flour and fry them on a well-greased griddle, turning them that they may brown on both sides. (2) When small fish are to be cooked, clean and wipe them dry; then dip them in beaten egg and powdered breadcrumbs, or cornmeal, being careful to see that they are completely covered, and plunge them, a few at a time, into deep, smoking hot fat, letting them remain until they are a nice brown. Drain well before serving.

### CLAMS.

**Steamed Clams**—Put the clams in a kettle over the fire, with one coffee cup of water; cover the kettle with flannel, or other thick cloth, and steam until all the shells have opened.

**Clam Fritters**—Make a batter with one egg, one cup of milk, and enough flour to bring to proper consistency (about two teacups). Season with salt and pepper. Chop two dozen clams, and stir them, with a little of the clam juice, into the batter. Fry, dropping by the kitchen-spoonful into steaming hot deep fat.

**Clam Chowder**—Fry two sliced onions until brown with two slices of salt pork cut into dice. When done, remove the pork; add one pint of clam liquor, one teacup of cold water, and two raw potatoes diced. Cook until the potatoes are tender; add the strained juice from one small can of tomatoes; bring to a boil, and skim carefully as the scum rises. Boil for three or four minutes; then add one pint of chopped clams. If soft clams are used, chop only the necks and use the stomachs whole; if hard clams, chop the whole clam. Boil and cook five minutes rather slowly; then remove from the fire, and when the bubbling has entirely ceased, add one-quarter of a pint of cream and one pint of milk. Season with butter, pepper, and salt to taste. Serve with pilot crackers, breaking them into the chowder just before sending the dish to the table.

### OYSTERS.

**Fried Oysters**—Place the oysters on a dry napkin that all the moisture may be absorbed; sprinkle them with salt and coat them with egg and breadcrumbs, being careful to see that they are entirely covered. Shake them gently, one by one, to remove any loose crumbs; fry brown in smoking hot fat.

**Oyster Stew**—Place one pint of milk in a double boiler; season to taste with salt, celery salt, and paprika. With a sharp-pointed kitchen knife cut off the root end of an onion, thrust the knife into the heart, and by reaming extract the juice, allowing it to drip into the milk; add one-half teaspoon of butter and eight oyster crackers, crumbled finely. When the milk has reached the boiling point, add one pint of freshly opened oysters, with their juice; when the beads have commenced to curl, remove the stew from the fire and stir into it one egg, already beaten to a froth. Serve with heated oyster crackers.

### SCALLOPS.

Scallops may be cooked like oysters.

### LOBSTERS.

**To Boil**—Fill a kettle half full of water; add a kitchen-spoonful of salt, and when the water is boiling vigorously, thrust the lobster into it, head first. Reduce the heat under the kettle, as it will not do to boil the lobster too rapidly; cook from twenty to thirty minutes, according to size.

**To Broil**—Split a live lobster down the back, beginning at the head. Remove the stomach and intestines. Spread open as fully as possible, and broil—first the flesh side, then the shell side. Crack the claws with a mallet, and serve with melted butter, lemon juice, salt, paprika, and Worcestershire or walnut catsup.



## POULTRY AND GAME

### THE PREPARATION OF POULTRY.

When a bird has been selected for roasting, have the tendons drawn by the butcher, unless you know how to do it yourself. As soon as the purchase has been delivered remove the giblets and wash the bird, both inside and out, with cold water in which a teaspoon of soda has been dissolved. Dry, and go over it carefully to see that all the pin feathers have been plucked, then singe it to remove all removing hairs. If possible to do it without tearing the skin, cut away any superfluous fat. When all this has been done, dust the bird lightly with salt, rubbing it into the flesh and put the fowl in a cool place to stay until it is time to cook it.

Just before roasting the bird, stew the giblets—the heart, liver, and gizzard—until they are tender, but save the water in which they were cooked and use it as a gravy with which to baste the fowl after it has gone to the oven.

**Stuffing for Chicken**—Cut about one-quarter of a loaf of stale bread into cubes, pour over it one cup of boiling water and stand until all the water has been absorbed. If not sufficiently moist, add a little more water. Slice and parboil four onions. Squeeze all the water possible from the bread, add the onions, one tablespoonful of minced salt pork or one tablespoonful of butter melted and season to taste with salt, pepper, and poultry seasoning.

**Chestnut Stuffing for Turkey**—Shell about one quart of chestnuts, boil them for five minutes, remove the skin, then cover with water again and boil ten minutes longer. When dry, mash and season with melted butter, salt and pepper to taste.

**Rice and Apple Stuffing for Ducks**—Put four peeled and cored apples, four peeled onions, one heaping teaspoonful of sage and the same quantity of thyme in a saucepan with enough water to cover. When tender pour off the water and rub through a sieve, season with pepper and salt to taste and mix with about a cup of freshly boiled rice.

**Prune Stuffing for Geese**—Soak one-quarter pound of prunes as usual and stew until tender; remove the pits. Boil one cup of rice. When tender drain and cover with three cups of prune juice. If there is not enough juice make up the deficiency with water. Cook this mixture about five minutes, season to taste with salt, then add the prunes, previously cut into small pieces, six or eight large chestnuts, blanched and chopped, and one-half cup of melted butter and add necessary seasoning.

**Preparing a Goose for Roasting**—To clean a goose, it must be given a thorough scrubbing with warm water and soda, for nothing short of this will assure the removal of the dirt and dust adhering to the skin. Moreover, the washing with warm water will tend to open the pores through which the oil must flow if the goose is not to be too greasy to be palatable. If you have a regular steamer, steam the goose until it is halfdone; if not, tie it to a stick and suspend it over the clothes boiler until as much of the oil as possible has been extracted. Then stuff the goose; dredge it with flour; dust it with salt and pepper, and bake in the oven. Dredge the goose with flour each time that it is basted, for it is this alternate dredging and basting that gives to the skin its appetizing brown appearance.

### GRAVY FOR POULTRY.

**For Chicken, Turkey, or Ducks**—Heat the liquor left in the dripping pan, skim it and add the necessary quantity of boiling water; season with butter, pepper and salt; thicken with flour, and just before serving, add the previously cooked and chopped giblets.

**For Goose**—Let the gravy in the dripping pan cool slightly, skim off all the grease; add the juice and grated rind of two oranges, and the juice of one-half lemon. Season to taste.

### FRIED CHICKEN.

Sift a little flour, salt and pepper together. Cut the chicken into convenient pieces; dip each in water, and then into the seasoned flour, shaking off all that does not adhere to the flesh. Heat the mixture of lard and butter in a frying pan and fry brown. Serve with a brown gravy.

### FRICASSEE CHICKEN.

Joint the chicken as if for frying, and brown the pieces slightly in a little pork fat. Put them in a stewpan with two small onions; cover with boiling water and cook until tender. When done, remove the chickens; place each joint on a slice of toasted bread; thicken the gravy with a blend of flour and butter, and pour it over both chicken and toast.

## CHICKEN PIE, VIRGINIA STYLE.

Cut the chicken into reasonably small pieces and parboil them; then put them in a baking dish, already lined with dough, in alternate layers with sliced white potatoes. Sprinkle each layer with salt and pepper. On the top layer place one large onion and two or three thin slices of fat salt pork. Moisten the pie with a little of the water in which the fowl was parboiled, and preserve the latter as a foundation for the gravy. Cover with a crust and bake in a moderate oven.

## GAMLS.

Wild birds, if large, like duck, should be roasted rare, without stuffing. Do not wash either inside or outside; simply wipe with a dry cloth and dust with salt and pepper. Serve with a sour jelly.

To cook small birds, parboil them for twenty minutes and place them where they will keep hot. Melt one heaping tablespoon of butter in a saucepan, blend with it two tablespoons of flour; add one cup of the liquor in which the birds were boiled, one-half pint of rich cream, the beaten yolks of three eggs, and pepper and salt as seasoning. This sauce is poured over the hot birds, and they are served immediately.

## VENISON.

Venison is cooked like beef, only it must be served rare. Send to the table with an accompaniment of sour jelly.

## RABBITS.

Joint the rabbits and wash them thoroughly with cold water in which a generous teaspoon of baking soda has been dissolved. Roll each joint in flour; cover with water and cook for one hour. When half cooked, add pepper, salt, and three bay leaves as seasoning. Serve with boiled rice.

## MEATS

## TO ROAST MEATS.

Beef.—Rub a little salt and pepper over the top; put in a hot oven, and let it cook in its own juices for one hour for a five-pound piece, if rare; a longer time if the meat is to be well done.

Mutton.—Rub salt over the meat; put it in a moderate oven, with a pint of water, and baste frequently during cooking. For five or six pounds of meat allow three hours of cooking. If the liquid in the pan evaporates, add more water. If the meat seems tough, put a kitchen-spoon of vinegar in the water used for basting.

Lamb. Prepare the same as mutton; cook spring lamb about two hours; older lamb a trifle longer.

Pork. Roast in a slow oven, allowing three and one-half to four hours for a four-pound piece.

Veal.—Cook like pork.

## GRAVY FOR ROAST MEAT.

Skim all the grease from the drippings in the pan after they have cooked a little; add enough boiling water to make the requisite amount of gravy, and a little strained flour and water to thicken; stir to remove all lumps; season with salt and pepper to taste.

## TO BOIL MEATS.

Cook until tender in cold salted water; as the water boils out replace with slightly salted boiling water.

## SAUCES FOR BOILED MEATS.

Horseradish Sauce for Beef. Blend two tablespoons of butter with two tablespoons of flour; when smooth add, a little at a time, one and one-half cups of milk or stock; stir until the mixture boils; then add pepper, salt, and lemon juice to taste. When almost ready to serve add two tablespoons of grated horseradish and the beaten yolk of one egg.

Caper Sauce for Mutton.—Make a cream sauce of milk, flour, butter, salt, and pepper. When thickened add capers as desired, with a little of the caper juice.

Melt a little butter, or drippings, in the bottom of a kettle, and sear the meat, both top and bottom. Let it cook five minutes until some of the juice cooks out. Add carrots, turnips, and parsnips in small pieces, and put them with some green peas in the kettle with the meat; brown them in the fat; then add salted water enough to cover the meat and cook slowly until tender. Season to taste with salt and pepper.

## TO BROIL MEATS.

In broiling meats a hot fire is required. When gas is used, light the broiler at least five minutes before the meat is to be cooked. Grease the broiler so that the meat may not stick. Sear the meat first on both sides over a clear, hot fire; then reduce the heat and finish the cooking more slowly. Season with butter, pepper, and salt just before serving. The tougher meats, like round steak and veal cutlets, should be pounded well before being broiled.

## TO FRY MEATS.

Meats that are very fat require practically no other grease in frying. A slight greasing of the griddle to prevent the sticking of the meat is sufficient. Very lean meats require more grease. Pork and veal may be dipped in egg and breadcrumbs before being fried.

## TO STEW MEATS.

The cheaper cuts of meat are good for stewing and may be cooked with or without vegetables. Cook slowly, and, if possible, make the stew the day before it is to be served, as all the grease may then be removed easily. Season a stew before serving it.

## STUFFING FOR ROAST MEATS.

When meats are to be stuffed, make the same kind of stuffing as for poultry.

## CORNED BEEF.

Put the meat in cold water and cook until tender. If cabbage or other vegetables are to be served with it, add them when the meat is half done, and let them cook with it.

## BOILED TONGUE.

Trim the tongue and cover it with cold water; when it has come to a boil pour off the water and cover the tongue once more with fresh cold water; simmer until tender and remove the skin before serving.

## HAM, VIRGINIA STYLE.

Simmer a ham until tender, but do not let it boil. Remove the skin, stick closely with whole cloves, and sprinkle with sugar. Pour Madeira wine over the ham until the sugar and fat will absorb no more; then bake for one hour, basting with wine. Fully one pint of wine should be absorbed by the ham before it is taken from the oven.

## VEGETABLES

## ASPARAGUS.

Tie the stalks together securely and stand them up in boiling water so that, while the stalks boil, the tips will merely steam. Cook twenty-five to thirty minutes. Serve hot, with melted butter, or a cream sauce; or cold, with a French dressing.

## GREEN PEAS.

Put in a saucepan over the fire; cover with boiling water; add a little sugar; cook until tender; season with salt; cook two minutes longer; add butter to taste; stir until it melts; then add the pepper.

## STRING BEANS.

Cook in slightly salted water until tender, adding a good-sized piece of fat bacon while cooking. When done, pour off the water and season with butter, salt and pepper to taste. If desired, a cup of rich milk or cream may be added.

## POD BEANS.

Cook in boiling salted water until tender; then season with butter, salt and pepper to taste.

## BEETS.

New—Wash, drain, and cook in boiling water until tender, without breaking the skin or cutting off the root. When done, drain and remove the skin by scraping; season with butter, salt and pepper.

Old—Cook, like new beets, from one and a half to three hours.

## POTATOES.

New—Cook in boiling water until tender; then peel them, and serve with melted butter, or a cream sauce.

Old—Old potatoes may be boiled in the same way, after which they may be served plain or mashed, with a seasoning of cream, butter, salt and pepper.

Baked Potatoes—Bake in a moderate oven until tender; serve immediately.

Creamed Potatoes—Cut left-over boiled potatoes into dice; add cream (or milk) and heat thoroughly; season with butter; pepper and salt; thicken with a little flour.

Hashed Brown Potatoes—Cut cold potatoes into small pieces; toss them about in hot pork fat, or butter, until thoroughly heated; season with salt and pepper to taste; then let them stand in the frying pan until they have browned.

Lyonnais Potatoes—Cut left-over potatoes into slices; fry two onions in butter; when a golden yellow add the potatoes, and pepper and salt as seasoning. If desired, some minced parsley may be added, when the potatoes are almost done. Brown evenly and serve.

## SQUASH.

Summer Squash—Cut into pieces and cook in boiling water without peeling. When tender, drain very thoroughly; season with butter, salt and pepper.

Old Squash—Bake, boil, or steam old squash. To bake it, cut into large pieces; place in the oven, skin-side down, and bake until tender; remove the flesh from the skin; season to taste.

## GREEN CORN.

Remove the husks and silk, and place in boiling water; bring the water to a boil again, and continue boiling rapidly for eight minutes.

Corn in Milk—Left-over corn is delicious when warmed up in milk or cream. Cut the corn from the cobs; add milk, or cream, as necessary; heat thoroughly; season with salt, pepper, and, if milk is used, butter to taste.

Fried Corn—Cut the corn from the cobs when raw; put it in the frying pan with plenty of butter; season with pepper and salt to taste; fry until tender.

## CARROTS.

New—Cook in boiling water until tender; scrape off the skin, if desired. serve with a cream sauce.

Old—Cook in boiling salted water until tender (about one hour); peel; cut into slices, and serve with a cream sauce.

## TURNIPS.

New—Cook in boiling salted water until tender; peel, and serve whole, with a melted butter sauce.

Old—Cook in boiling salted water until tender (about forty-five minutes); peel, mash, and season to taste with butter, salt and pepper.

## ONIONS.

Scallions—Cut off the roots and most of the green tops; tie in bunches again, and cook in boiling salted water until tender; drain, and serve with a melted butter sauce.

Old—Peel and cook until tender in boiling water; serve with melted butter, salt and pepper, or with a cream sauce.

## EGGPLANT.

Eggplant is usually fried. Cut it into rather thick slices, and fry in plenty of butter; season with salt and pepper. If desired, the eggplant may be dipped in beaten egg and breadcrumbs before it is fried.

## TOMATOES.

Fried Tomatoes—Peel and cut the tomatoes into rather thick slices; fry on both sides in melted butter. Season lightly with salt and pepper; serve with a cream sauce.

Stewed Tomatoes—Fresh tomatoes are delicious when stewed. Put the peeled tomatoes in a saucepan; stew them until they break up; season with butter, salt, pepper, and a little sugar.

Fried Green Tomatoes—Slice the green tomatoes; let them lie in cold salted water for thirty minutes; then drain them thoroughly; sprinkle lightly with sugar; roll in flour or cornmeal, and fry brown on both sides in hot lard; season with salt and pepper.

## CABBAGE.

Cut the cabbage into pieces and cook in boiling salted water until tender; serve plain, or with a sauce made by the following recipe: Put two-thirds cup of vinegar diluted with one-third cup of water in a double boiler and bring to a boil; stir in one heaping teaspoon of made English mustard, one-half teaspoon of salt, and one saltspoon of pepper. Remove the vinegar from the fire; heat three-quarters cup of cream and stir into the vinegar. The cream must be added slowly or the sauce will curdle. Curdling does not spoil the taste, but it detracts from its appearance.

Any left-over cabbage may be fried in butter, for service on the second day.

## SALADS

## SALAD DRESSINGS.

**Mayonnaise**—To the beaten yolks of two eggs add one teaspoon of salt, one-half teaspoon of white pepper, and one tablespoon of dry mustard. Stir them thoroughly; add the juice of one lemon, and then, drop by drop, one-half pint of the best olive oil, stirring the mixture constantly as the oil blends. Put the dressing in a sealed jar in the ice box. When to be used take the quantity necessary and thin it to proper consistency by adding the required amount of fresh cream, adding the cream, a few drops at a time, and stirring ceaselessly while it is being added.

**French Dressing**—Rub the interior of the bowl with a clove of garlic. Mix one saltspoon of salt with one-half saltspoon of white pepper, a dash or two of paprika, and one-half saltspoon of dry mustard. Add three tablespoons of olive oil; mix thoroughly with the dry ingredients; then add one tablespoon of red wine vinegar. If possible, one-half teaspoon of chopped tarragon, one-half teaspoon chopped chervil, and one teaspoon minced chives should be added just preceding the vinegar.

**Quick French Dressing**—Mix two tablespoons of olive oil with one tablespoon of vinegar until they lose their clearness; add pepper and salt to taste and serve.

**Salad Cream**—Mix the yolk of one egg with one-half teaspoon of made English mustard; add oil, cream, and vinegar, alternately, in small quantities, until two tablespoons of oil, two tablespoons of cream, and one and one-half tablespoons of cider vinegar and one tablespoon of tarragon vinegar have been used, rubbing the mixture well between each addition, that the cream may be thick when it is mixed.

**Boiled Salad Dressing**—Put two beaten eggs, two tablespoons of butter, two teaspoons of sugar, one teaspoon of dry mustard, one-half teaspoon of salt and one saltspoon of pepper in a double boiler and cook until the mixture begins to thicken. Add one teacup of cider vinegar; cook three minutes longer; then heat the mixture until it has become quite cool. If kept in a cool place this dressing will be good for some weeks.

**Horseradish Dressing**—Whip one teacup of cream thoroughly; when thick add one tablespoon of grated horseradish. When blended, add two tablespoons of lemon juice, a little at a time, stirring constantly. Season to taste and keep near the ice until used.

**Dressing Without Oil**—Rub the yolks of two hard-boiled eggs until smooth; add one teaspoon of mixed English mustard, one saltspoon of salt, one-half saltspoon of white pepper, two dashes of paprika, and two tablespoons of rich cream. Mix thoroughly; then add enough vinegar to make the dressing of proper consistency.

## PREPARATION OF SALADS.

Almost every kind of vegetable and fruit may be used in the making of salads. Fish, meats, eggs, etc., are also utilized, sometimes alone and sometimes in combination with some variety of vegetables. Among the vegetables most commonly used are asparagus, lettuce of all kinds, cucumbers, tomatoes, beets, celery, cauliflower, endive, green beans as well as lima and black beans, potatoes, onions, peppers, watercress, dandelion leaves, radishes, artichokes, cabbage, and chicory.

In preparing vegetable salads, the following rules must be observed:

1. The vegetables must be fresh when obtained and kept in good condition until used. Green salads should be chilled before they are used, to make them crisp. Wrap them in soft cloth and let them lie near, but not on the ice.

2. All vegetables, but green salads especially, should be washed with great care, to remove all the dirt and other foreign matter. They should not be left too long in the water, however. A brief washing will help to make them crisp, but if very fresh they require merely to be rinsed thoroughly and dried.

3. Care must be taken to see that they are very dry before the dressing is added. To do this drain the salad in the colander; then place it in a clean napkin, holding the latter by the corners, and shake it lightly until all the moisture has evaporated.

4. Do not cut a green salad with a metal knife; tear it in shreds if the leaves are too large. Use a wooden fork and spoon when mixing salads.

Green salads, like lettuce, tomatoes, asparagus, etc., are usually served with a French dressing, although mayonnaise or a boiled dressing may be used if desired. Vegetables like cucumbers, beets, black beans, lima beans, onions, watercress, and potatoes do not harmonize so nicely with a mayonnaise or boiled dressing, the French dressing being preferable. Tomatoes are very tasty when served with a horseradish dressing.

Combination Salads.—Many delicious combinations of flavors may be obtained by combining several vegetables in the salad. Peppers and onions may be combined delicately with lettuce, cucumbers, and tomatoes. Celery combines nicely with cabbage, or radish, or apple, or watercress, and, of course, lettuce provides the best foundation for almost any salad.

Fruit and Nut Salads—Oranges, grapefruit, bananas, pears, apples, pineapples, figs, dates, peaches, and Malaga grapes are among the fruits that may be used in making salads, either with or without the accompaniment of nuts. Grapefruit and alligator pear, with a French dressing, make a very tasty salad; pineapple with maraschino cherries and nuts is a delicious combination; or all the fruits may be combined in a single salad, using a small quantity of each. Either the mayonnaise, the salad cream, the boiled dressing, or the French dressing may be used in the preparation of fruit salads, or if the salad is to serve as a dessert, either strained honey or maple syrup may take the place of the ordinary dressing.

Fish Salad—Any firm, solid fish like cod, halibut, or seabass, may be served in the form of a salad. It may either be boned and served in a salad bowl with lettuce, or boiled and served cold with the dressing in a separate dish. A mayonnaise or salad cream may be used as dressing or a special dressing may be prepared as follows:

Mash the yolks of three hard-boiled eggs until smooth, add one-half teaspoonful of made English mustard; mix well; then add one tablespoonful of vinegar, salt, and cayenne pepper to taste, and three tablespoonfuls of olive oil, drop by drop, working it into the egg thoroughly. Add the raw yolk of one egg and beat until light, and finally the juice of half a lemon. If the flavor is not objectionable, half a clove of garlic, finely minced, should be added with the other seasoning. Care must be taken to mix the ingredients thoroughly, however, for otherwise the dressing will curdle. Serve as soon as cold. Garnish with the sliced whites of the hard-boiled eggs.

Lobster, crab, shrimp, or oyster salad should always be served with a mayonnaise dressing. To make the oyster salad, first boil the oysters in their own liquor for five minutes; then drain and chill before adding the dressing.

Meat and Poultry Salads—Lamb, veal, pork, chicken, and turkey make the best salads, and should be served with mayonnaise or salad cream dressings.

Cheese Salads—American dairy, cream, or Neufchâtel cheese may be used for salad. If American cheese is used, grate the cheese, mix it with the mayonnaise, adding celery, salt, paprika, and capers as seasoning. Form into small balls. Serve on lettuce leaves. If one of the other cheeses is preferred, cream the cheese with a little butter, season to taste with chopped parsley, olives, onion, salt, and paprika, form into balls, and serve on lettuce leaves with the dressing over them.

## DESSERTS

### PIES.

In making pastry it is necessary that all the ingredients shall be as cold as possible and that they be kept so until they are placed in the oven, for it is this sudden change from cold to heat that helps to make the pastry light. Some of the best cooks make pastry the day before it is to be baked, and keep it, in the meantime, in the ice box. They also make use of a marble slab as a pastry-board and a porcelain or glass rolling-pin, because these are more easily kept cold. While it would be wise to follow their example, it is not necessary, as good results can be secured through the use of more commonplace utensils.

**Simple Pie Crust**—Sift one teaspoon of salt and one teaspoon of baking powder with three cups of flour; into this run lightly, with the hand, one cup of lard and butter (equal parts); add ice water sufficient to make a firm dough; roll out on a floured-pastry board.

**Rich Pastry**—To make very rich pastry use equal quantities of butter and flour. Sift the flour thoroughly, and wash the butter well to extract some of the salt. In the last sifting of the flour, add one teaspoon of salt to each three cups of flour, and do not mix any lard with the butter. Use ice water to moisten. When the flour, salt, and water have been mixed thoroughly with a knife, knead it until it is free from lumps, and moulding it into the form of a cake, in the centre of which the butter should be placed. Work the dough up around the butter until it is covered; then roll it out from you with the rolling-pin, continuing until you have a long narrow strip. Take the end farthest from you and fold the dough evenly into three layers; roll it out again, and repeat the folding and rolling twice more. Continue rolling until the butter is in layers, not lumps and the paste is flaky. Then let it lie in the ice box to chill thoroughly before rolling it for the oven.

In making pie, cut a piece of the paste one-quarter as large as the pie plate, and roll it to the size desired. Grease the plate; line with the paste; add the filling; cover with a top crust, if necessary, or with crossed strips, if they are required, and bake in a moderate oven.

### APPLE PIE.

Line the pie plate with paste; pare and slice enough tart apples to fill it, sprinkling granulated sugar and a dusting of nutmeg between each layer of apples. Moisten the edges of the lower crust with ice water; lay on the upper crust, pressing it down securely, and bake until done. This will take from thirty to forty-five minutes, according to the quality of the apples.

### MINCE PIE.

When only one or two mince pies are to be made, it is better to buy the prepared minced meat. The quantities given in the following recipe will make from eight to ten pies, and may be kept all winter if put in an earthen jar and left in a cool place: To one pound of seeded raisins, one pound of currants, the grated rind of two lemons, one-quarter pound of fine chopped orange peel, one-quarter pound finely chopped citron, one pound of sugar, one tablespoon of salt, one and one-half teaspoons of mixed spices, and one teacup of brandy. Mix all the ingredients thoroughly, and let them stand for about ten days, stirring them every day, before using.

### PUMPKIN PIE.

Stew a small pumpkin over a moderate fire, after cutting it into small pieces and removing the seeds; when soft, pour off any water remaining and let the pumpkin steam slowly fifteen or twenty minutes longer, guarding against its catching. When done, press through a colander to remove the lumps, and add one quart of rich milk and five eggs to each pint of the strained pumpkin. Add sugar, salt, and ground ginger to taste, and bake without an upper crust.

### FRUIT PIES.

In making fruit pies, do not put the sugar used in sweetening on top of the pie, but mix it with the fruit that is to be used in filling. If the fruit is very juicy, it may be dusted with flour before the top crust is put on. This will absorb much of the juice. Bake a fruit pie in a steady but moderate oven, for it is necessary that the fruit should cook before the crust has baked.

### RICE PUDDING.

Wash three tablespoons of rice and put them in one quart of sweet milk, add three tablespoons of granulated sugar, one teaspoon of vanilla extract, a pinch of salt, and a grating of nutmeg. Put this mixture over the fire and stir until it begins to thicken; then put it in the oven and bake until nicely browned.

### SIMPLE SUET PUDDING.

To one cup of finely chopped beef suet, add one cup of molasses, one cup of raisins, one cup of currants, and one cup of sweet milk. Mix one level teaspoon of soda with a little water; stir this in; add flour enough to make a stiff dough; stir for a few minutes and steam for three hours.

**Sauce**—Blend one cup of sugar with one tablespoon of butter; add one well-beaten egg; season with vanilla to taste, and add boiling water, stirring ceaselessly, until the sauce is smooth.

## BROWN BETTY.

Melt three tablespoons of sugar and mix with two cups of fine breadcrumbs. Grease a baking dish; put a layer of breadcrumbs in the bottom; then a layer of stewed apples; then repeat until the dish is filled, making the last layer one of crumbs. Dot the top with bits of butter and bake.

## COTTAGE PUDDING.

Sift two cups of flour, one-half teaspoon of salt, and two teaspoons of baking powder together; add one teacup of granulated sugar and one beaten egg, and mix to a batter, adding the necessary quantity of milk (about one cup). Bake in a buttered pan for thirty minutes or a trifle less. Serve with hard sauce.

Hard Sauce—Cream one-quarter cup of butter with one-half cup of powdered sugar and one tablespoonful of boiling water, adding the sugar and water little by little. When thoroughly blended flavor to taste with vanilla or sherry wine.

## CAKE.

The one secret in cake baking is in obtaining accurate measurements and in following literally the method of mixing given in the recipe.

In cake recipes the term "cup" invariably means a standard half pint measure level full, and the use of the term "spoon," as teaspoon, tablespoon, etc., means the spoon of the stated size level full. When it is necessary to use half a spoonful of any ingredient, it is best to measure it in one of the spoons that come for that purpose, although an ordinary spoon may be used if great care is taken to make the measurements lengthwise.

There are three different methods of mixing mentioned in cake recipes. (1) "Stirring" is the same thing as "creaming." When stirring, the bowl of the spoon is not lifted from the batter until the work of mixing is completed, except for the few seconds when it is raised to scrape the sides of the bowl. (2) "Beating," which is designed to break up the air cells, must be done rapidly and vigorously, for the more conscientiously the batter is beaten the lighter the cake will be. (3) "Folding," on the other hand, accomplishes a very different purpose, for it is designed to incorporate ingredients into the batter without disturbing the air cells. To do this, the batter must be lifted from the bottom of the bowl and folded over as lightly as possible. This method is generally used when the whites of eggs are to be mixed into the batter.

See that all the ingredients used in making the cake are the best obtainable, and remember that pastry flour will make a lighter and better cake than ordinary flour. The oven also must be in the right condition, for, once the cake is mixed, there must be no delay in baking it. If patent cake pans are used, it will not be necessary to grease them; if not, the pans should be greased with unsalted fat. In baking loaf cake the bottom of the pan may be lined with greased paper.

Remove the cake from the pan as soon as it is taken from the oven and place it on a patent cake cooler, or on a wire sieve, that the air may circulate around it freely. Do not put it in a draught or in a room that is cooler than the kitchen. If this rule is not heeded the cake may fall.

## POOR MAN'S CAKE.

Beat one egg and one cup of sugar until light; add one cup of milk, two tablespoons of melted butter, and one teaspoon of flavoring extract. Sift two cups of flour and two teaspoons of baking powder together twice; add the liquid to the flour, and beat vigorously. Bake about forty-five minutes in a moderate oven.

## LAYER CAKE.

Beat two eggs with one cup of sugar until light; add one-half cup of milk; two cups of flour with which one-quarter teaspoon of salt and two teaspoons of baking powder have been sifted together twice; then one teaspoon of flavoring extract. Bake in layer tins about twenty minutes. Put together with any filling preferred.

## BUTTERMILK CAKE.

Beat one-half cup of butter to a cream; add one and one-half cups of sugar, sifted fine, and beat butter and sugar together; add the yolks of two eggs, and beat until light. Dissolve one-quarter teaspoon of baking soda in one cup of buttermilk; add the milk to the eggs and butter; then, gradually, add the sifted flour, and beat till smooth; add the whites of the eggs, beaten to a stiff froth; bake forty-five minutes in a moderate oven.

## ONE, TWO, THREE, FOUR CAKE.

Beat one cup of butter to a cream; add two cups of sugar; beat until light; beat four eggs very light and add them gradually to the butter and sugar, beating vigorously; add three cups of sifted flour and beat again until very light. Bake in a moderate oven about one hour and a quarter.



## MOLASSES CAKE.

Dissolve one teaspoon of baking soda in boiling water and mix it with one cup of molasses. Melt two tablespoons of butter; add to the molasses, and pour in gradually one cup of boiling water; mix well, and add gradually three cups of flour, beating well before adding one teaspoon of ground ginger. Beat until smooth, and bake for thirty minutes in a moderate oven.

## ICE CREAM.

Beat one egg and mix with one pint of rich milk and one-half pint of cream; add sugar enough to make the mixture very sweet; then add the flavoring and freeze.

## ORANGE ICE.

Boil one pint of water and pour it over one-half pound of sugar. When the latter has dissolved, pour the syrup over the juice of three oranges and one lemon. Let it stand for thirty minutes, then strain and freeze.

## MOUSSE.

Soak one heaping teaspoon of gelatine in one-fourth cup of cold milk, dissolving by placing the mixture over hot water. When cool, strain it into one pint of cream already beaten to a froth and to which one-half cup of powdered sugar has been added. Flavor to taste, and freeze by packing the mixture in a mould covered with salt and ice.

## BREAKFAST DISHES

## CORNED BEEF HASH.

Chop enough cold corned beef to make three cupfuls; boil four potatoes, when cold, cut them into tiny cubes; mince two medium-sized onions. Mix all these together in a greased frying pan; season with salt and pepper to taste, and cook until nicely browned.

## LAMB'S KIDNEY STEW.

Remove the skins and cut the kidneys into thin slices, put them in a frying pan with one tablespoon of butter to each five kidneys; season with salt, pepper, and a suggestion of nutmeg. When the kidneys have browned nicely, stir in one teaspoon of flour; when smooth, add one coffee cup of soup stock. Stir until the mixture thickens a little. Serve plain or on toasted bread.

## FRIED LIVER.

Slice calf's liver about one-third of an inch in thickness. Have a frying pan in which the grease is at least two inches deep. When the fat has become very hot, drop the liver into it and cook until each slice has browned sufficiently. Season with salt and pepper. By cooking the liver in deep fat all the juices are retained in the meat, whereas when cooked on a griddle they stew out, leaving the meat dry and tasteless.

## FRIED BEEF IN CREAM.

Melt one tablespoon of butter in a saucepan; blend with it one tablespoon of flour; add one-half pint of milk, stir until it thickens; then add the beef, simmer for five minutes; season with salt and pepper to taste.

## BROILED TRIPE.

Cut three-quarters of a pound of honeycomb tripe into good-sized pieces. Make a sauce by mixing one tablespoonful of olive oil with the juice of one lemon, one saltspoonful of salt, one-half saltspoonful of pepper, a few drops of onion juice, and one bay leaf crushed into bits. Cover the tripe with the sauce and stand for two hours, then drain the tripe almost dry and broil on both sides. Serve with melted butter, to which the juice of lemon and a little Worcestershire sauce have been added.

## FINNAN HADDIE.

Rub the fish clean with a moist cloth, but do not put it in water unless the smoky taste is objectionable, in which case it may be soaked in cold water for thirty minutes. Broil until browned nicely. Serve it with melted butter and lemon juice.

Another way to prepare finnan haddie is to parboil the fish and separate the flesh from the bones. Make a sauce, using one pint of cream to two tablespoonfuls of butter, the well beaten yolks of two eggs, three hard-boiled eggs chopped fine, one tablespoonful of grated cheese (Edam cheese, if possible), and salt and pepper to taste. Mix the fish and sauce, heat thoroughly, and serve with toasted bread.

#### CODFISH BALLS.

Cut enough raw potato to make one cupful; shred enough codfish to fill one and a half cups. If the fish is very salt put it into a colander and let water run through it for a few minutes. Cook the potatoes until tender, then mash them, and mix with the fish, being careful to see that no lumps of potato remain. Add one tablespoonful of butter, one-half teaspoonful of pepper, and one beaten egg, and beat the mixture until very light. Drop from the spoon into hot fat and brown on both sides.

#### BAKED FISH AND POTATOES.

Boil three white potatoes; when done mash them; season with salt and pepper and add enough milk to make the mixture the consistence of heavy cream. Soak enough salt codfish to fill one coffee cup when shredded. Mix the fish with the mashed potato; put in a buttered dish, and bake until browned on top.

#### ESCALLOPED FISH.

Take left-over fish, like halibut, bluefish, shad, salmon, etc.; pick to pieces, and put in a greased baking dish, with alternate layers of crumbled bread. Season each layer with butter, pepper, and salt, and moisten all with milk or cream; See that the last layer is of bread, that the top may brown. Bake in a moderate oven.

#### CREAMED HERRING.

Take smoked herring—or bloaters—cover them with milk; boil until tender. Remove the back bone and all the smaller bones that are attached to it. Discard the milk; place the herring in a shallow baking dish. Cover them with cream, and brown the top of the cream in the oven.

#### SALT MACKEREL IN CREAM.

Salt mackerel is also good when baked in cream. Soak the fish as desired. Place it in a shallow baking dish; cover with cream and brown in the oven.

#### POACHED EGGS.

Use a shallow pan and see that the water is boiling and properly salted. Drop the eggs, one at a time, in muffin rings placed in the water and cook until the whites have set. Serve on slices of buttered toast.

#### SCRAMBLED EGGS.

Beat three eggs lightly; add three tablespoons of cream and pepper and salt to taste. Melt a tablespoon of butter in a saucepan; pour in the eggs, and stir until the mixture has commenced to thicken; then move a little further from the heat, and continue to stir until the eggs have set. Serve on slices of toasted bread.

#### OMELET.

There is no better recipe for omelet than that given by M. Soyer, the celebrated chef:

Break four eggs into a basin, add half a teaspoon of salt and a quarter of a teaspoon of pepper, and beat them well up with a fork. Put into the frying pan one and one-half ounces of butter, lard or oil; place it on the fire, and when hot pour in the eggs, and keep on mixing them with a spoon until they are delicately set; then let them slip to the edge of the pan, laying hold by the handle and raising it slantwise, which will give an elongated form to the omelet; turn in the edges; let it rest a moment to set, turn it over on a dish and serve.

An omelet made in this way may be filled with ham, tongue, kidneys, chicken, chickens' livers, mushrooms, oysters, little neck clams, or almost any other mixture that may be preferred.

To make a Spanish omelet, mince finely enough ham to half fill a teacup; add two small, finely chopped onions, one-half cup of tomato, one-third of a minced green pepper from which the seeds have been extracted, six or eight sliced button mushrooms, one heaping tablespoon of cold green peas, etc. Heat all ingredients together, season with salt, pepper, paprika, and butter to taste. Use a filling for the omelet.

Sweet omelets are plain omelets filled with preserve or jam and dusted with powdered sugar.

## SOME SUPPER DISHES

### A BEDSPREAD FOR TWO.

Beat lightly six eggs (whites and yolks together) in a small bowl; in another bowl cut twelve medium-sized oysters into moderately large pieces. Heat a saucepan, or the chafing dish; rub the bottom liberally with anchovy paste; melt a heaping tablespoon of butter, and scramble the eggs; when nearly set add the oysters, and cook two or three minutes longer. Serve on slices of buttered toast that have been spread with anchovy paste.

### TOMATO AND EGGS.

Chop one onion and one-half a green pepper (extracting all the seeds); fry in one heaping tablespoon of butter; add four ripe tomatoes (or one small can), being careful to pour away as much of the juice from the pulp as possible; cook five minutes; add pepper and salt to taste, one-half cup of strong American cheese, grated; when the cheese has melted add two beaten eggs; scramble them in the mixture, and serve on slices of buttered toast.

### DEVILED LOBSTER.

Boil one live lobster; when cool, extract the meat and chop it finely; season to taste with salt, pepper, and paprika. Heat one-half pint of cream and one-half pint of milk in a double boiler; thicken with flour and butter. When the milk and cream have thickened sufficiently, add one teaspoon of dry English mustard and two dashes of cayenne pepper to the lobster meat; mix the latter with the sauce; cook slowly for twenty minutes. When done, return to the shells; cover the top with rolled crumbs and melted butter; bake until brown in a quick oven.

### LOBSTER A LA NEWBURG.

Extract the meat from one freshly boiled lobster; cut it into one-inch pieces and place it in a saucepan or chafing dish, with one heaping tablespoon of butter; season with one-half saltspoon of salt and one-quarter saltspoon of cayenne pepper; cook for five minutes; then add one wineglass of sherry or Madeira wine; cook three minutes longer; add two yolks of eggs that have been beaten up with one-half teacup of rich cream; shuffle gently until the mixture thickens; serve very hot.

### REFORM CLUB CURRY.

Slice two medium-sized onions and fry them in one heaping tablespoon of butter; when brown add one pint of cold meat, chicken, or salmon, cut into pieces the size of a walnut; cover with half a tablespoon of curry powder; add one-half teaspoon of salt, one teacup of stock; stew gently two hours, if meat is used, one and one-half hours for chicken, and three-quarters of an hour for salmon. Just before serving add the juice of one-half a lemon.

### EGGS WITH ONIONS.

Slice three large Bermuda onions and one-half a green pepper into small pieces; fry them in melted butter until the onions have browned. Season with salt and pepper; add two beaten eggs; scramble them and pour the mixture on slices of toasted bread. If desired, they may be further garnished with slices of bacon.

### WELSH RABBIT.

Cut one pound of full cream American cheese into small pieces. Melt a piece of butter the size of a walnut in the chafing dish; add the cheese, and stir until it, too, has melted. Lower the light beneath the chafing dish about one-half; add one tablespoon of dry English mustard, two dashes of cayenne pepper, and one well-beaten egg, and continue stirring until the mixture is creamy, but do not let it boil; then add half a glass of stale ale or beer, and one tablespoon of Worcestershire sauce; stir until the ale stops foaming. Serve on slices of toasted bread.

Another Way of Serving—After the rabbit has been poured upon the toasted bread, place the platter containing it in the broiler of the gas range and let it stay until the top of the cheese has browned delicately. This much improves the appearance of the rabbit.

### CAMEMBERT CHEESE TOAST.

Spread the necessary number of slices of toasted bread with ripe Camembert cheese; dust the top with paprika (lightly or generously, as taste may dictate); place in the broiler of the gas range until the top of the cheese has browned.

## EGGS L'AUREORE.

Melt one heaping tablespoon of butter in a saucepan; add one tablespoon of flour and stir until smooth; add one cup of rich cream; beat thoroughly; then add one cup of full cream American cheese that has been cut into small pieces, as if for a rabbit. Season with salt and pepper to taste. In a greased baking dish break as many eggs as will be required, allowing one or two eggs for each person. Be careful to keep the yolks whole, and add a dusting of salt to each egg. Pour carefully over the eggs the cheese mixture, and bake in a quick oven until the top has browned.

## CHILI COLOROW (Mexican RECIPE).

To one quart of boiled tomatoes add one finely chopped onion, two tablespoons of granulated sugar, one tablespoon of prepared ground Spanish pepper, and one saltspoon of salt. Stew slowly twenty minutes. If too dry, add a little water.

## CHACHAU.

Boil enough rice to make one pint when soft; mix with it one-half can of tomatoes; dice two slices of salt pork; fry them three minutes in the frying pan; add the rice and tomatoes, with one tablespoon of minced red pepper, and simmer until the pork is done. Season to taste with salt and pepper.

## SCOTCH WOODCOCK.

Scramble the necessary number of eggs; season with butter, pepper, salt, and paprika; serve on slices of toasted bread that have already been spread generously with anchovy or bloater paste.

## UTILIZING LEFT-OVERS

## CHICKEN CROQUETTES.

Chop one small onion fine, fry in one tablespoon of butter, add one-half tablespoon of flour, stir one minute; add the chopped chicken meat, enough broth to moisten, and season with salt, pepper, and a pinch of nutmeg. Stir this mixture two minutes, then remove from the fire; add the beaten yolk of one or two eggs, according to the quantity of chicken; mix thoroughly; add a few chopped button mushrooms; roll in breadcrumbs and beaten egg, and fry until brown.

## BEEF CROQUETTES.

Chop enough lean roast beef fine to make two cupfuls. Blend one tablespoon of butter and two tablespoons of flour in a saucepan; add two teacups of milk to which a pinch of baking soda has been added. When smooth and beginning to thicken, add the meat; season with salt, pepper, paprika, and white pepper. Make a batter, using one cup of flour, one beaten egg, one cup of milk, and one teaspoon of baking powder. Mix the meat with the batter, add one tablespoon of minced parsley; drop into deep fat; fry until brown.

## LAMB SAVORY.

Chop enough lean cold lamb to fill one cup. Melt one tablespoon of butter in a frying pan; add one-half teaspoonful of dry mustard and one-half tablespoon of flour; mix thoroughly, and add one-half cup of soup stock and three tablespoons of cream. Let boil up and cook for five minutes; then add the chopped meat and one hard-boiled egg, the yolk being mashed smooth and the whites cut into small pieces. Season to taste with salt, pepper, paprika, and Worcestershire. Serve on slices of buttered toast.

## BROILED BEEF.

Cut cold rare roast beef in thick slices; season with salt, pepper, and onion juice; brush them with the white of egg; roll in breadcrumbs, and broil until brown. Serve with horseradish sauce; beat four tablespoons of cream stiff and blend with it two tablespoons of horseradish already mixed with one tablespoon of vinegar; season with salt and pepper.

## BEEF POTPIE.

Cut cold roast beef in small pieces and put it in the frying pan with one sliced onion, two strips of fat bacon cut into small pieces, two potatoes cut into dice, a coffee cup of soup stock or meat gravy, and seasoning to taste. Cook slowly until the potatoes are tender; then put in a baking dish, cover with biscuit crust, and bake until the crust is done. If desired, the sauce may be thickened by the addition of a little flour and water before it is placed in the baking dish.

## BAKED HASH.

Run the cold beef, either from steak or roast, through the meat chopper; mix with it an equal quantity of mashed potato; add one sliced onion; season with butter, salt, and pepper to taste; add milk or cream to thin; place the mixture in a baking dish; pour three tablespoons of tomato catsup over it; cover the top with bread crumbs; brown in a quick oven.

## OXFORD JOHN MUTTON (OLD ENGLISH RECIPE).

Melt one tablespoon of butter in a stewpan; add one cup of cold mutton cut in small, thin pieces; season to taste with salt, pepper, thyme, and mace, one small chopped onion, and one tablespoon minced parsley. Fry until both meat and onion have browned; then cover with the left-over gravy; thicken with one tablespoon of butter that has been mixed with one tablespoon of flour; add one tablespoon of red currant jelly; cook for five minutes longer.

## MOCK VENISON.

Fry one chopped onion in one tablespoon of butter; when slightly browned add one tablespoon of white wine vinegar, one tablespoon of Worcestershire sauce, one tablespoon red currant jelly, one teaspoon of water, and salt and pepper to taste. Place thinly cut slices of cold mutton in this sauce; cook slowly for ten minutes, and serve.

## STEWED VEAL.

Make a rich white sauce, using one cupful of good milk or cream, thickening it with one tablespoon of flour mixed with two tablespoons of butter. When the blend is perfect, place the thinly cut slices of cold veal in the sauce, adding six or eight sliced button mushrooms and one heaping tablespoon of minced parsley. Simmer until the meat has heated through.

## SAUTE OF DUCK.

Put one-half cup of left-over duck gravy in a saucepan with two tablespoons of red currant jelly, two tablespoons of tomato catsup, three tablespoons of chopped olives, one tablespoon of butter with which one level teaspoon of cornstarch has been blended. Season to taste with salt, pepper, and paprika. When the sauce begins to thicken add the left-over meat and cook slowly for five minutes.

## BAKED EGGS.

Drop one or three eggs in a small baking dish; season with butter, pepper, and salt; cover the top with grated cheese, and bake in the oven until browned.

## FRUIT SHORTCAKE.

Sift two cups of flour with one and one-half teaspoons of baking powder; add one-half tablespoon of lard, and enough sweet milk to make a dough. Bake in a cake until the crust has browned nicely; then split it through the centre, spread each piece generously with butter, and serve, one on top of the other, with the well-sweetened fresh fruit—strawberries, blackberries, peaches, or other fruit—piled upon each.

## DRINKS

## COFFEE.

To make "a good cup of coffee" it is first necessary to purchase good coffee, and in this respect the best is not too good. The best results are usually obtained by using a mixture of Mocha and Java, but Mocha is generally used alone when "after-dinner coffee" is to be made in a percolator.

**After-Dinner Coffee.**—To make coffee by percolation, fill the upper receptacle of the French coffee pot with Mocha coffee, finely ground, and fill the lower compartment with water. Light the lamp, and as the water heats the steam that is generated will rise to the upper receptacle. When it condenses, as it soon will, it returns, carrying with it all the flavors and aromas of the coffee.

After-dinner coffee may be made in an ordinary coffee pot. Use finely ground coffee in proportions of two tablespoons of coffee to each cup of water. If the pot has a strainer, or upper part, place the coffee in this section and pour the freshly boiling water over it two or three times. Then set the pot

where it will remain at the boiling point, without boiling rapidly, until the liquid has attained sufficient strength. Always serve after dinner coffee in small cups, and without sugar or cream, unless they are requested.

**Breakfast Coffee.**—Grind the coffee fine, without pulverizing it, using two tablespoons of coffee to three cups of water. Add the water cold, and let it come to a boil, but when it has boiled for two minutes remove it a little further from the fire that it may stand for two minutes longer without boiling. Then add half a cup of cold water to settle it and let it stand three or four minutes before serving.

**Turkish Coffee.** If Turkish coffee is used, pulverize the berries and allow three heaping teaspoons and the same quantity of granulated sugar to each half pint of boiling water, mixing the coffee and sugar thoroughly before pouring the water over them. Let the mixture boil up three times, removing the pot each time that the boiling may not continue more than a moment. Serve without straining.

### TEA.

Tea should be made in an earthen pot, if possible. See that the water is freshly boiling; scald the pot just before it is used; put in the tea leaves in proportions of two teaspoons of tea to each pint of water and pour the boiling water over it. Set the pot where the tea can keep hot without boiling, and let it stand for fully five minutes, or longer, if a stronger beverage is desired.

### CHOCOLATE.

Put two squares (two ounces) of unsweetened chocolate in the top of a double boiler with four tablespoons of cold water and four teaspoons of sugar. When the chocolate has melted, add three cups of milk, little by little, and cook to a boiling point. Then beat the mixture until it is quite foamy, sweetening to taste, and adding a little vanilla extract, if desired. In serving it, the appearance of the beverage is made more attractive if a little whipped cream is placed on top of each cup.

### COCOA.

Place two tablespoons of cocoa in a saucepan, with two teaspoons of sugar, and add one-half cup of boiling water and cook until the cocoa has melted, stirring almost constantly. Add one and one-half cups of boiling water and two cups of boiling milk; cook five minutes; sweeten to taste; serve with cream.

### COCOA FROM SHELLS.

Soak three-quarters of a teacup of cocoa shells in one pint of cold water about eight hours; then boil them steadily, in the same water, for one hour. In serving, mix with boiling milk and sweeten to taste.

### LEMONADE.

Take the rind of two lemons and the juice of three lemons; one-half pound of loaf sugar, and one quart of boiling water. Rub some of the lumps of sugar over two of the lemons until they have extracted all the oil from the skin; then put them with the remainder of the sugar into saucepan, add the lemon juice, from which all seeds have been removed, and pour in a quart of boiling water. Keep over the fire for two or three minutes, without boiling, and when the sugar has entirely dissolved strain through muslin and cool. If desired, the white of one egg may be beaten up with each quart of lemonade. It is an improvement.

### QUICK LEMONADE.

Allow the juice of one lemon and two tablespoons of sugar to each half pint of water, or more sugar may be added as desired. Ice thoroughly. Some persons add a little raspberry syrup, claret, or port wine to lemonade.

### ORANGEADE.

Rub the oil from four oranges upon loaf sugar and extract the juice from eight oranges. Place the skins in half a pint of water, pressing them firmly to extract further juice and oil. Mix this water with the sugar and orange juice, and if not sour enough add lemon juice to taste. The proper proportions of sugar is about one-half pound to each quart of orangeade.

## PRESERVING AND PICKLING

## TO CAN FRUIT.

Fill jar with fruit that has been peeled, washed and peeled, and set them on a rack in a steamer or other large pan, surrounding them with warm water up to within a few inches from the top of the jars. Cover, but do not screw down the covers, and cook for fifteen minutes after the boiling point has been reached. Then remove the covers from the jars one at a time; fill them with boiling syrup; cover, and when the jars have cooled sufficiently seal as tightly as possible.

Fruit selected for canning should be almost but not quite ripe, and the utensils used should be of the newest and best types. Glass jars with glass tops and patent fasteners should be secured, and care should be taken to see that new bands are provided for each jar, and absolute cleanliness must be observed in every detail of the work. The jars, tops, rubber bands, etc., should be sterilized before they are used, and every effort should be made to keep the fruit covered, either with the glass tops or with pieces of glass, while cooling.

The Syrups.—For sweet fruits, like cherries, pears, peaches, strawberries, sweet plums, blackberries, etc., use one pound of sugar to each quart of water.

For currants, sour cherries, crabapples, plums, etc., use one pound of sugar to each one and one-half pints of water.

Bring the syrup to the boiling point; then cook from fifteen to twenty minutes, without stirring. When finally sealed keep all jars of fruit in a dark, cool place.

## TO MAKE JELLIES.

From large fruit, like apple, peach, quince, etc.—Slice the well-washed fruit without peeling it, except in the case of peaches, which should be peeled. Put it in a preserving kettle, with enough water to almost cover the fruit. Simmer until it becomes tender and the juice flows freely; then remove from the fire, crush in a vegetable press, and dip through a flannel bag, but do not try to force the juice by squeezing the bag, as this will result in cloudy jelly. When all the juice has been extracted, measure it, and to each pint allow one pound of granulated sugar, but do not add the sugar at this time. Instead, heat the sugar separately, return the juice to the preserving kettle, bring it to a boil quickly, and cook for twenty minutes; then skim, add the sugar; bring to a boil once more, and cook rapidly for two minutes. Fill the jelly glasses at once, holding a silver spoon in each as it is filled to prevent cracking. Cover securely when cold.

From small fruit, like grapes, cherries, currants, etc.—Wash and pick over the fruit carefully. If currants are used and a light-colored jelly is desired, remove all stems. Put in a preserving kettle in the bottom of which a plate has been placed to prevent the possibility of the fruit "catching." Crush the fruit with a wooden masher to liberate the juices, and when the juices flow freely, squeeze through a press and strain through flannel. Then proceed as with large fruits.

To Cover Jelly. There are three common methods of covering jelly tumblers: (1) Dip a piece of paper in alcohol; place it on top of the tumbler as soon as the jelly is cold; put on the tin cover and force it down firmly. (2) Cut a piece of paper large enough to allow it to overlap the top of the tumbler at least one-half an inch on all sides; dip the paper in slightly beaten white of egg; cover the glass as soon as the jelly cools and press down the paper until it adheres firmly. (3) When the jelly has become cold, cover the top with melted paraffine wax to a thickness of one-third of an inch.

## TO MAKE JAM.

From Large Fruit.—Peel and stone, or core, the fruit; put it in a preserving kettle, and heat very slowly to the boiling point; then boil forty-five minutes; add the sugar—allow three-quarters of a pound of granulated sugar to each pound of fruit, weighed before cooking—and cook five minutes longer. Seal, while still very hot, in jars or glasses.

From Small Fruit.—Stem, hull, or stone the fruit; put it over the fire in a preserving kettle; bring to a boil slowly; then cook for one hour, stirring frequently to prevent sticking or burning. Add the sugar—allowing three-quarters of a pound of fruit; boil twenty minutes, and seal in jars while hot.

## PICKLED PEACHES.

Put two quarts of cider vinegar in a preserving kettle with seven pounds of sugar and two tablespoons each of ground cloves and cinnamon tied in a

muslin bag. When it comes to a boil add seven pounds of washed but unpeeled peaches and cook until the fruit is tender. When done, stick the peaches with whole cloves, put them in the bottom of an earthen crock, and cover them with the hot syrup.

#### SPICED GRAPES.

Pulp seven pounds of Concord grapes; cook the pulp and skins until soft; put them through a fine sieve; then add four and one-half pounds of granulated sugar, one pint of cider vinegar, two level tablespoons of ground cinnamon, and two level tablespoons of ground cloves. Bring to a boil; then cook slowly for one and one-half hours. Put in an earthen crock when cool.

If currants are to be spiced, use five pounds of sugar instead of four and one-half pounds.

#### SUPERIOR CHOW-CHOW.

Cut six large onions, one head of cabbage, two quarts of green tomatoes, one dozen medium-sized cucumbers, and six green peppers into small pieces; add two quarts of whole button onions; pack them down in one pint of salt to stay all night. In the morning strain off the water. In the preserving kettle put one gallon of cider vinegar, add one-half pint of freshly grated horseradish, one-quarter pound of mustard seed, two ounces of celery seed, one-half teacup of ground black pepper, and two pounds of brown sugar. Bring the mixture to a boil, and while hot pour it over the vegetables. Strain off the liquid, reheat it, and pour it back again for three mornings. The third morning mix with the strained liquor one large box of English mustard (25-cent size), with one-quarter pint of pure olive oil, and boil all together for twenty minutes. Pour over the chow-chow again, and keep in an earthen crock. It will remain good for months and makes a splendid relish.

#### RAW PICKLED PEPPERS.

Cut the raw green peppers in quarters or eighths, remove the seeds and white pith and pack solidly in jars. Make a liquid by mixing vinegar and water with sugar and salt in proportion of one tablespoon of salt and two tablespoons of sugar to two-thirds of a quart of vinegar and one-third of a quart of water. Pour this, without heating it, into the jars until they overflow; then seal tightly. This makes an easily made, inexpensive, and excellent pickle.

## PROBLEMS OF THE HOME

### THE YOUNG MOTHER

**D**ID you ever think that the main prop of a baby's health is good nerves? A normal baby, so long as its nerves are not taxed, is a healthy little animal, and nobody hears a kitten making night vocal wailing for its unattainable. This is the secret of the success of most old grandmothers who are good nurses—they know that in nine cases out of ten there is no reason to worry.

This being so, the young mother should attend to her own health before any possible other thing except the baby, and it is the shortest way of looking after the baby. She should be out of doors, in the sunshine, among pleasant surroundings as much as she can, and keep the baby where it will get all the fresh air there is to be had. In brief, both baby and mother should for the time live as close to primitive conditions as possible.

Housekeeping will not interfere unless it is allowed to in the majority of cases. If necessary, simplify the housekeeping to the barest necessities. Any average man would rather have a contented wife and a happy, healthy baby without frills on either, and also frillless housekeeping than perfect meals and service at the price



of nerves. And the housekeeping of any woman with a young baby who undertakes to do all the things she did before the baby arrived will be very far from perfect.

The baby ought to sleep about eighteen hours a day for the first few months, and it ought to sleep all it feels disposed to for the first few years. Some children need more sleep than others. They will show you this, unassisted, if they are let alone.

The rule most often and disastrously broken in the life of a young baby is "Don't let the baby rule you." This is not saying that the habits of the family should not be thoroughly adjusted to the baby and his health and content made the prime consideration—but don't let him know it. It is all right to cuddle him now and then and rock him to sleep now and then, but don't let him demand it. If the mother is unfortunate enough not to have a home of her own, she should not worry too much about the baby's crying disturbing other people. He is bound to cry enough for that anyhow if he is a normal child. They can learn to sleep through his occasional howls easier than he will unlearn the habit of crying whenever he takes it into his little head that he wants attention. In the end he will cry much less often than if too much pains are taken to arrest his first whimper. If he learns that mother will take him up and pet him when she finds him laughing and happy, he will be a more comfortable baby to live with, and his digestion will be better than if he can only get anything by screaming for it.

The preparation of the baby's milk and the baby's bath ought to be according to the formula prescribed by the doctor, and not one iota of that formula should be changed. The doctor has studied more babies than any ordinary woman ever sees unless she is a trained nurse.

Some people try to keep the baby's milk warm to save heating it during the night, and then wonder what is the matter with his digestion. When a 25-cent alcohol stove will heat the milk in so little time you have to watch it to keep it from boiling, it seems as if any sensible person would use one. The selection of a cow, if one is fortunate enough to live where one can select, is of some importance. The cow should of course be in perfect condition, and milk experts say that a Holstein is better than any other breed. With proper care, however, any ordinary pure milk will give perfect satisfaction.

Some people let the baby go on sucking at an empty bottle indefinitely, "because he will howl if we take it away." He will howl worse when his little interior begins to be incommoded with that superfluous air. The practice of giving a baby "something to suck" is pernicious from any point of view. It is dirty, it is unwholesome, and it spoils the shape of the baby's mouth.

Babies need a drink of water now and then just as much as grown people, and they can very early be taught to take a spoonful of water from a spoon. Often a baby cries in hot weather because it is thirsty, but feeding time is not yet, and the conscientious mother feels that she must not anticipate the time, while the unconscientious one does it anyhow. The infant escapes the tortures of thirst only to run the risk of indigestion, when a little water would have disposed of the whole difficulty. How would any of us like to be obliged to do without water between meals in summer, or in summer-heated rooms?

When a baby frets and whimpers a little at night, sometimes all it wants is to be turned over or moved a little. If that will secure peace there is no use in petting and talking or taking the baby up and getting it thoroughly awake. How many times do we ourselves wake up feeling a trifle uncomfortable, turn over to the other side, stretch a little, and go to sleep again? And the baby cannot turn over. It hasn't learned how.

Another thing prolific of discomfort is too heavy coverings. The best way is to put the baby to sleep in a fairly warm room that is also well ventilated, without much covering, and what there is ought to be very light. When it gets old enough to kick off the covers a roomy sleeping-bag pinned with safety pins to a warm jacket to allow all the ordinary kicking any ordinary child wants to do, and open windows besides. Incidentally the baby will not be nearly as susceptible to cold. A perfectly healthy baby, in fact, can sleep close to an open window in winter in all kinds of weather, as one New York baby did in an apartment just off the North River. Indian children don't die of cold. Of course, every bit of covering, sleeping bag, jackets and blankets, should be washable, and well washed often.

There is one "never" attached to a baby's training besides the all-important "Never let anything about the baby remain for two minutes after you find it out." It is "Never walk with the baby to put him to sleep." It does not put him to sleep, in the first place, any more than being rocked or gently trotted on the knees. It is an acquired habit, and once learned it is as persistent and as terrifying as the habit of biting one's nails.

## THE SOCIAL SIDE

THE question of stationery is far more important to a woman who entertains than it is to a business man—and the choice of stationery is a matter which up-to-date business men consider serious. Stationery reveals personal taste to those who are

the merest acquaintances, and perfect good form in these details may result in the most valuable friendships.

The newest visiting cards for women are little heavier than writing paper, and engraved in block type. They have good sense in their favor because they take up little room and are pleasant to handle, and one can carry enough for all possible purposes without cramming the card case.

The English script is used for invitations for coming-out receptions or "at homes." The name of the mother, or hostess, of course, appears first, and if there is a sister already out her name may take the next place, followed by that of the debutante on the third line. The usual form of at home cards omits the name of the host, but it is not at all bad form to include it.

For musicales, hunt breakfasts, and the like colonial text is used. Like the colonial script, it is dignified and graceful. The colonial script is used for wedding invitations.

It is well to have a quantity of cards printed in either shaded colonial or shaded English text, for "general utility cards," bridge parties, luncheons, and such occasions call for these. The name of the hostess is on the top line, and blanks are left to be filled in.

For place cards for luncheons, dinners, and card parties to which men are invited, use cards not more than three and a quarter by two and a quarter inches, of thick, dead white Bristol board with gilded, bevelled edges and rounded corners. At the centre of the top the crest, or coat of arms, if the family has one, may be embossed in white. For women's luncheons or card parties one may use a plain white card with an embossed long monogram at the left, in gold or in colors.

In choosing writing paper, white, cream, or very pale gray are always in good taste; pale blue or pale mauve is admissible also. It should be of good quality, medium thickness, and slightly rough. The square envelope is always in good taste, and just now the wallet shape is in vogue. If the address is on the envelope (a sensible fashion), it should be stamped across the flap, without using the name. In this way one's letters come back, if they are misdirected, most quickly, and do not have to be opened and read at the post-office to discover the address of the sender. Some people use their crest on note paper and envelope and others on the envelope only, but a woman's stationery should be without a crest. The stamping ink may be black or any other color, but the color scheme should never be in the least "loud." Gold-brown on cream, violet on mauve-tinted paper, deep blue on pale blue, black on white, brown on gray, are all in good taste, but the printing should, of course, be done from one's own die, never from set-up type.

Initials in a medallion at the top of the writing paper for personal correspondence are very pretty. For business correspondence, or any note of invitation to a country house, the address, stamped in the upper right-hand corner of the paper, may have the name of the house, the nearest railway station, and the telephone number, or the station may be omitted.

Sealing letters with wax is a pretty refinement never out of place, and one should practise doing it neatly. Some women need to take lessons in writing. The chirography should be clear, whether it is characteristic or not, and there has really never been anything prettier, for a woman's letters, than the slender Italian hand that was taught in old-fashioned boarding schools.

There are all sorts of little individual touches which a woman may give to her stationery, but they should harmonize. One woman who is very fond of violets and violet shades uses very pale mauve paper lettered with violet, mauve wax, and the very faintest perfume—there is nothing more vulgar than strongly perfumed note paper. Another woman never spoils the color scheme of her delicate gray envelope by putting on it anything but a harmonious stamp. She uses two green one-cent stamps, or, if double postage is required, the four-cent old gold stamp.

English women are accomplished in writing notes. They always have a little desk well furnished with paper, envelopes, blotters, wax, tapers, scales, and all kinds of stamps. One American woman furnished her simple mahogany desk in a scheme of rose, ecru, and green. She bought a portfolio, stamp box, string box with tiny scissors, pin box, and envelope rack done in pale buff wood with borders of tiny roses. She had a blotter made in the same style, with roses on the corners, and blotting paper of cream. She provided the desk further with a silver candlestick and old-rose candles, a silver match-safe stand, rose-colored wax, and green string in the string box. It was extremely pretty in the rose-chintz-furnished bedroom where it stood.

The third person note is an English fashion, and also a fashion of civilized society the world over. Invitations are issued in the third person to all large afternoon or evening gatherings, weddings, and formal dinner parties. An invitation in the third person should be replied to in the same way, thus:

"Mr. and Mrs. Raynham have much pleasure in accepting the invitation of Mr. and Mrs. Dolliver to be present at their daughter's wedding on Wednesday, October 21."

In writing a note of refusal, the reason should be given as briefly as possible. "A previous engagement" is a sufficient reason, but it is more graceful to say "owing to their having promised to join a party at the theatre on the evening in question," or, "owing to pre-

vious acceptance of an invitation to dinner," or whatever it is. There has never been a rule for general good form better framed than the one we teach children: "Politeness is to do and say the kindest thing in the kindest way." People who are chilly and awkward because they think it is dignified simply make themselves ridiculous.

Notes of acceptance or refusal in the first person should be written in reply to any invitation written thus, and they are in good taste on any ordinary occasion. The third-person letter is merely a convenience and a formality for occasions where hundreds of invitations are sent.

Two rules to be engraved in one's memory are:

Always answer notes and letters promptly.

Never break an engagement positively made.

One need not, in these days, make a fetish of being absolutely punctual, but one should never be conspicuously late. People who put their hostesses to all sorts of anxiety by never coming till half an hour after the time set advertise themselves as egotists.

One point which needs more emphasis than it generally gets is that overformality is worse than a dignified informality in our ordinary social life. It is absurd to use, in a small community where people know each other, the formal manners appropriate to a court or to a society where every woman who entertains has so many guests she cannot remember their names or faces. Many social forms have been devised merely as part of the machinery for such social life, short cuts to keep it from becoming ultra burdensome. But the very people who are most at home in the formal social life of London, Paris, or any other metropolis would never think of carrying their formality into a smaller circle. They would adjust their forms of invitation and of entertaining to the demands of such a circle, just as they adjust them to the demands of a court. They would be simple where simplicity is possible, just as they are courtly and formal in a society where organization, method, formality, are absolutely necessary to avoid confusion.

The average American woman, if she uses quiet, well-made stationery of graceful design and writes her notes and her letters in a style of kindly and unassuming dignity, and makes her dinners appetizing, simple, dainty in every appointment, quietly served, who never attempts anything she cannot carry out easily, will be doing exactly what the grande dame would do in her place. She need not have many courses, but the cold food should be ice cold and the hot dishes hot; she need not have costly flowers, but they must be in harmony with the general color scheme; she may have home-made place cards or none at all, but her silver must be bright, her

glassware clear and shining, and her napery perfectly laundered. More than one clever, observant woman has won for herself a certain prestige by dinners, where these simple rules were observed and congenial people carefully chosen. The keynote of all real social life is genuine love of society. Falsity is always bad taste. One should attempt no more than one can do without a flurry, and suit the conversation and the menu to what people really like—not what they might like if they were in an imagined "society."

## THE WOMAN AND HER APPEARANCE

If more women would begin to be beautiful from the inside instead of the outside we should have more lovely women in the world. There is no woman who has not possibilities in the way of looks. She may not be a possible beauty, but she can be picturesque, she may be graceful, she may have an interesting face, she may know how to dress. She should know what she can do, and do it. A clever social leader said: "Any young thing cared for and at ease is pretty." There never was a truer saying. And one may put with it, "Any woman who has interest in life, and is well cared for and at ease, is worth looking at."

There is no beauty without good digestion. No woman should eat, drink, or wear anything that will interfere with that. Style for a few years will not make up for spotted, wrinkled cheeks, dull eyes, and nerves all the last part of one's life. We all know pretty well, by the time we are twenty, what will agree with us and what will not, and we should so arrange our diet as to suit our digestion.

Most women do not eat enough fresh fruits and salads. Parsley, onions, and lettuce are all good for the complexion, and they are also good to eat. When a woman wakes up in the morning thirsty for an orange, she had better eat one at once, and keep on doing it morning after morning until the dark brown taste in the mouth disappears. If oranges are inaccessible, apple sauce, or any tart fruit, is good, and even stewed dried apples or apricots will help supply the need of tart fruit.

An excellent habit to form, from the beauty point of view, is that of eating bread without butter. Try it first with some of the delicious crusty breads, French or Italian, or with brown bread, and butter will come to seem a superfluity. Salad oil is a better form in which to take the oil which the system needs. Greasy meats should never be eaten without some vinegary accompaniment—apple sauce with pork, pickles with pork and beans—and it is better not to eat such meats unless one is taking plenty of open-air exercise.

Camomile tea is an old-fashioned specific for the complexion,

and if one can learn to like it, a cup of it hot just before going to bed is worth trying.

Good digestion not only makes a good complexion, but it gives one strength for a graceful carriage. If women knew how to stand and walk they would not only improve their looks, but save their strength. This matter ought to be attended to, if possible, during the years when a girl is growing up. Never let a growing girl carry a bundle of books or a heavy package day after day, to and from school. If she must study at home it would be cheaper to buy a few extra schoolbooks than to develop a one-sided figure which will make it necessary for every skirt she wears, all her life, to be specially fitted. Set the girls to carrying books and bundles on their heads and using Indian clubs. Let them hop, skip, and run as much as they like. The tomboy will, other things being equal, make the more graceful woman.

There is one simple exercise which, faithfully persisted in, will be worth a whole gymnasium full of appliances. It is this: Stand with heels together, hands on hips, rise on the toes slowly and slowly descend, and keep this up until the muscles of the calf begin to ache. At night try it again, and do it every night and morning till you can do it two hundred times without stopping. This exercise causes all the muscles of the body to settle into their proper place, and gives one the ideal carriage. What is more, any one accustomed to this exercise will be able to stand all day with less fatigue than is possible in any other way, because the weight is thrown on the balls of the feet when one stands right, and this heel-and-toe movement results in right standing and strengthens the proper muscles. It throws the chest forward and the neck and shoulders back, and makes the waist smaller. It prevents that ugly forward curve below the waist which is not only the bane of a woman's figure, but, if one walks along in that position, results in backaches.

Another result of this exercise is ease in climbing stairs. The average woman goes upstairs with the muscles of her back, when she should not use a muscle above the knee. The foot, not the leg, should make the motion in going upstairs. The rise of an ordinary stair is no greater than the bend of the foot in rising on the toes. Going upstairs properly is good gymnastic exercise. Does one suppose that in the great English country houses where one of the prettiest pictures of a house party is the procession of graceful women going upstairs with their candles, they go up those stairs with the knee action of a horse in a treadmill? A woman is not a horse or a cow, and she should carefully avoid looking like either.

The woman who sits as one would sit in a straight-back chair has mastered another rule for the figure. Unfortunately many of

the chairs in which women have to sit were made for men, and the seat is so long that a woman of ordinary height cannot lean back gracefully, while the chair is just high enough to prevent her getting her feet fairly on the floor. In the home a woman should always have a chair low enough for her, that suits her, and she should sit in it. If she must sit in a chair that is too high, let her have a hassock at her feet. No woman can be graceful if she has a continual backache.

Another little trick of living which tends to beauty is the habit of lying down instead of sitting down to rest. A woman who wishes to be graceful cannot do better than imitate a cat. Pussy really enjoys resting. She relaxes every muscle and curls and uncurls her paws with real delight in relaxed muscular motion. Ten minutes of rest in this fashion is worth half an hour sitting in a chair "keyed up." The woman who cares for her appearance should learn to enjoy life—especially the simplest things, a flower, a sunshiny window, a brisk walk, a cup of hot soup.

## THE CARE OF THE SICK

There are a few points on the care of the sick on which every woman should be informed, and some remedies about which everybody should know.

Hot water is a remedy which should be always accessible. No housekeeper should be without a small alcohol stove with a tea kettle that will heat a pint of water. Hot water bottles and clothes wrung out of hot water will relieve so many different kinds of acute pain that one can hardly go amiss in trying it. Another good emergency article is a sandbag—two of them are better—loosely filled with sand, and made of strong linen, with a washable flannel cover to tie on. One sandbag can heat on steam pipes, or in a moderate oven, while the other is in use, and they do not spring a leak as a hot water bottle may; or, if they do, the sand stays inside the outer covering and does not soak the bedclothes.

### TREATING A COLD.

Hot lemonade, with or without a little whiskey in it, drunk at night, the patient carefully covered up afterward, will cure a cold if it is taken at the start, especially if the breakfast next morning consists of oranges or orange juice, brown bread, cereal, soft boiled eggs, and such easily digested things. A cold is nine times out of ten an accumulation of waste which the body cannot get rid of by the regular channels. A good sweat, hot baths, laxative medicines, and something to stimulate the liver will help dispose of this waste before the effort to get rid of it has weakened the whole system and prepared the way for pneumonia, or something of that sort. Plenty of fresh air, plenty of warm covers, and a clean room also help.

### TONSILITIS.

Tonsilitis, one of the most obstinate nuisances that afflict human nature, will yield to diet quicker than to medicine. The patient should not be "fed up." Milk—vichy and milk, if you can get it—should be the sole diet, and not too



much of that. A few bottles of vichy in a safe place are worth their weight in silver when needed.

If one is recovering from tonsillitis or any other disease which involves night sweats, sage tea is a good specific, and sage is a good thing to have in the house, anyway.

#### THE MEDICINE CLOSET.

For medicines one should have a special closet with a lock to it, and on one side every kind of stuff that is in the least poisonous should be safely put away. A good plan is to use square or hexagonal bottles for all such medicines, then they will be separate from the others even in the dark. Quinine, castor oil, calomel, borax, rhubarb, seidlitz powders, should be there. The best plan is to have your doctor make out a list of all the medicines you can safely use and are likely to need, and have the directions, and the dose, of course, clearly written on the bottle. It is not wise to keep half-used prescriptions without the advice of a doctor. Sometimes chemicals change with time.

In this same medicine closet should be court plaster, antiseptic cotton, antiseptic tablets, prepared sealed bandages of different widths, and all the old linen and cotton strips you would be likely to need suddenly, washed clean, of course, and rolled up closely and packed in so that they will not be dusty. The best plan is to keep them in a glass fruit jar with a tight cover. If after putting them in the jar you fill it with absorbent cotton, and set the jar on a trivet in a kettle of cold water and let it come to a boil, and boil it steadily for three hours, then take it out, screw on the top, and set it away, you will have all your bandages sterilized.

#### FOR A CUT.

For a cut finger, wash the wound very clean, soak it in water with antiseptic tablets in it, put a little pad of absorbent cotton that has been sterilized over it, put a cotton wrapping round the finger, and either bandage it well or cover with a finger stall; then hold the hand, fingers up, and soak the whole in spirits of turpentine, letting it stay so for fifteen minutes. In two or three days it will generally be all right without any additional attention, and a little care in such matters sometimes saves a long and painful inflammation.

If the cut is a bad one and bleeds freely, take a strip of court plaster big enough to cover it with an inch on each side. Fold it and cut little slits across the folded edge and open it; cut half the strips loose on one side of the line, the other half at the other, making two strips with saw-tooth edges. Put these strips each side of the cut with the toothed edges facing each other, and when the strips have dried a little, lap one tooth over the other so as to draw the cut together. This may save having stitches taken, which, especially to a child, is a painful and rather terrifying operation.

#### IN CASES OF FAINTING.

If a person has fainted, loosen all the clothes, especially about the neck, as soon as you have laid the person flat on the floor. Cold water in the face, ammonia under the nose, and, if necessary, mustard on the back of the neck, are all time-honored and proper remedies. Windows should be open and everybody kept back so as not to crowd. If the insensibility is the result of a fall, rub the hands and feet and spine vigorously and keep the patient lying down with the head a little higher than the feet.

#### THE SEVERED ARTERY.

Almost everybody with any common sense knows what to do if there is a severed artery, but fortunately such accidents are not common. The blood comes in jets, even if the wound is small, and is bright red. Tie something (two handkerchiefs will do) tight around the limb between the wound and the body, put a short stick or anything like it through the knot, twist it round and round as tight as you can, and keep it there till the surgeon comes. The knot should be as nearly as you can guess over the injured artery. Cut veins should be treated in the same way, but with the knot below the wound; the blood is dark crimson.

#### POISONS AND EMETICS.

Oil, raw eggs, sweet milk, and flour and water are antidotes to the acid poisons—carbolic, nitric, sulphuric, or oxalic acid. Carbolic acid especially is a favorite of suicides, though it has well been said that if they knew anything about its effects they would never try it, for it is a terribly painful poison and by no means sure death. Emetics should not be given in case of these poisons, but melted lard and raw eggs cannot possibly do any harm, whatever is the matter.

Morphine and the narcotic poisons should be treated with an emetic at once—mustard thickly mixed in warm water will do—and then strong coffee, a half cupful every ten minutes, should be given and the patient kept moving. Ice on the back of the neck and splashes of cold water in the face will aid in this.

Emetics must be given for ptomaine poisoning, and the patient should be stimulated and kept warm. Mustard on stomach, wrists, ankles, and the back of the neck will help. Here is the usefulness of hot water bottles, sandbags, and the like.

Arsenic and its relatives require an emetic, and immediately after two or three raw eggs and a glass of sweet milk.

#### FOR NOSE BLEED.

For nose bleed put ice to the back of the neck, make the patient keep both arms over his head for ten minutes, and plug the nostrils with absorbent cotton wet in weak carbolic acid. Hold the head straight up and do not let him bend over.

#### DISINFECTANTS.

If one is keeping house in the country miles from a drug store one should be provided with good disinfectants in case of contagious illness. Any doctor will give a list of these and their uses. In town, however, the fewer poisonous things one has about the better, and, if need, such fluids can always be got at the drug store on the corner.

### IN TIME OF ILLNESS

The general rules in illness are simple. If the patient is chilled, keep him as warm as possible with hot water bottles and warm but light coverings, applying the heat wherever the chill seems to be. If the head is hot, ice on the head and a hot water bottle or hot brick at the feet will sometimes draw the blood from the head, especially if some hot drink like hot milk or soup is given at the same time, to give the stomach something to work on. In cases of headache and delirium caused by bad circulation this treatment will often keep the patient quiet and avert the use of drugs. If there is a burning, hot, dry, feverish condition, give all the water the patient will drink, ice-packs on the head, and keep the room cool, with plenty of fresh air. A thorough sweat will sometimes avert a serious illness. The patient should be wrapped in a thick blanket and sit in a cane-seated chair, under the seat of which is a kettle of boiling water, kept hot, if possible, by hot bricks underneath. A one-burner gas stove will sometimes answer; the main point is that sweat should be induced somehow and the patient kept closely covered. Plenty of hot drink should be given—weak tea, hot lemonade, or hot water—and when the skin once begins to throw off water in the form of sweat, the poison that is causing the trouble may come with it. This is one form of treatment that almost any old nurse understands. The housekeeper in the country who is doubtful about methods may safely follow the advice of the next-door neighbor.



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